

Competency Coaching M1 Checklist

The most important task in working with first-year students is building rapport; ensure they feel your conversations are “a safe space” and that they can trust you. Build rapport with students by establishing the goals and expectations for the advising relationship, being available, asking appropriate questions, actively listening, and maintaining confidences.

A. Goals

- Establish rapport
- Evaluate how the student is adjusting to medical school
- Begin exploring specialty choice by introducing the concept of self-assessment
- Introduce Careers in Medicine
- Discuss Summer Plans

B. Questions for discussion

1. Establishing rapport and expectations

- How can I be most helpful to you as your advisor?

2. Adjustment to medical school

- How are you handling the workload and stress?
- Are your time management and test taking skills adequate?
- Are you receiving the support you need academically and personally?

3. Curricular concerns

- Describe your performance so far in medical school
- Do you have any questions about the curriculum?
- Are you aware of available resources, e.g., exam question banks, tutoring?

4. Specialty choice

- What is important to you in your future practice of medicine?
- What skills do you have that you would like to incorporate into your career?
- What are your interests?
- What specialties are you currently drawn to?
- What interests you about those specialties?
- What do you know about your specialty options?

5. Summer plans

- How would you like to spend the summer between your first and second years?
- Are you aware of summer research opportunities?
- Do the specialties you are considering require research or other experiences to be competitive?