

A hand holding a pen over a document with a hexagonal graphic overlay. The background is a blue-tinted image of a hand holding a pen over a document. A white rectangular box with a thin orange border on the left side is overlaid on the right side of the image. Inside the box, the text is centered. The text reads: "Career Advising:" in a smaller font, followed by "Composing your Noteworthy Characteristics" in a large, bold font, and "Dr. Lily Lam" in a smaller font at the bottom. There are also some faint, semi-transparent hexagonal shapes and lines in the background of the white box.

Career Advising:
**Composing your
Noteworthy
Characteristics**

Dr. Lily Lam

Outline

Overview

Purpose

Writing the Bullets

Common Pitfalls

Overview

- MSPE is part of Electronic Residency Application Service (ERAS) application
- Noteworthy Characteristics is a section of the MSPE written by you
- 3 bullets; word count ~35-40 words/bullet

Purpose

- Section helps residency program review your application in a holistic manner
- Not a re-hash of your CV
- Helps program director to select a diverse set of trainees in terms of background experiences, characteristics, and perspectives

Creating the bullets

- Maximum of 3 characteristics
- Highlights the most outstanding characteristics
- Can include any significant challenges or hardships overcome during medical school
- Written in the third person

Areas to highlight

- Leadership or mentoring roles
- Research achievements (grant or award or scholarship)
- Significant work experience that influenced your career
- Significant hobbies where skills are related/transferable to the medical field
- Reflect on why you consider these activities/accomplishments/attributes to be your most significant and how they have impacted your personal and educational growth

Examples

- Oprah worked with Healthy Body - Healthy Futures, a program to educate Harlem elementary students on anatomy, physiology, and healthy eating. Oprah was instrumental in designing a new curriculum and expanding the program to additional New York City schools.
- Oprah conducted research on the effectiveness of the pulse oximetry newborn screen for critical congenital heart disease in an underserved population. This original research project resulted in presentations at two separate national conferences, one publication, and two additional manuscript submissions.
- Oprah enjoys listening to podcasts, especially those related to medical education such as the JAMA Clinical Reviews. She has started her own podcast on medical student life.

Examples

- Stedman was raised by a single father. Despite financial hardships, he distinguished himself in academics and athletics, was the first in his family to go to college and received a full scholarship.
- Stedman was the Treasurer and then President of the Emergency Medicine Interest Group. He facilitated a collaboration with local EMTs which led to a new interdisciplinary educational opportunity.
- Stedman earned an MPH during medical school; publishing a thesis on the link between obesity and reading levels in inner city students. This education and experience informed and enriched many of his clinical experiences in medical school.

Examples

- Jane passed her USMLE Step 1 examination two months after the death of her mother in a motor vehicle accident.
- John had an acute medical problem during the last few weeks of Functional Systems, and this likely affected his ability to perform at his best on the last exam.

Common Pitfalls



- Inaccurate
- First Person
- Lengthy
- Style

Be sure to meet the deadline: 4/30/2021



Submit to Dr. Lam:
llam@med.cuny.edu

No penalty if you submit **early**
Late submission penalty – professionalism form

Late initial draft, may result in ERAS
application delay