Return to Clinical Education

- Different programs have different requirements for placement of clinical rotations. The consensus was that the first 2 clinical years are so different from the last 2 clinical years that even with a four year gap, you should not feel disadvantaged from those who go straight through.

Choosing a Residency

- Remember that during residency interviews you are interviewing the program, make sure it is a program where you will be supported and fit in comfortably. Ask yourself if you would be able to hang out/be friends with these people? If you are single, you will probably not like a program where everyone is married with kids; if you are planning on having kids see how many residents have kids and when they had them.
- For a research oriented residency, programs with T32 funding or a "fast track" residency program that provide a combined residency-fellowship training experience are strongly encouraged.
- If you do want to do research and are interested in a program without an established research program, you want a program that will be supportive and you need to identify a senior mentor very early on who can advocate for you. While promises are easy to make, they are easier to keep if you are both somehow benefiting in the relationship.

Negotiating a Faculty Position

- If you are interested in a faculty position, when choosing a mentor for your fellowship, the most important thing is their track record for promoting people to junior faculty positions (how many of their fellows have obtained junior faculty positions? is this someone who will promote you or hold you back from these positions?)
- Even if you would like to continue as a junior faculty in the institution that you are in, it is good to explore other positions (even at institutions you are not interested in) to see your worth in the eyes of other institutions. In addition, the offers you get with help you negotiate at your place of interest.
- The best time to seek funding is when you have a lot of funding so there is less pressure. We are encouraged to apply for funding as early and as often as possible. An F30, K22, or R01 application is not too different but the funding rates are vastly different so the more practice you get, the easier the next step will be. In addition, papers beget funding and funding begets papers. Dr. Kaplan (Director, MGH Weight Center) says that NIH funding is very cyclical and he has seen funding wax and wane twice already in his career. Although right now we are in a trough, he is optimistic for the funding in the future and we should not be discouraged.