

Med 1 Orientation

Facilitated by:

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**University
of Manitoba**

Professional Development

- Lifelong
- Involves paid and unpaid work
- Includes leisure, work, and learning
- Can be molded through intentional decision making and reflection

Take Ownership of Your Professional Development



The Careers in Medicine (CiM) Model



Pre-Orientation Assignment

As an initial task, in a Word document that doesn't exceed one page (~150 – 200 words), please write about the following and return to Student Affairs (StudentAffairsMed@umanitoba.ca) via email ***no later than the deadline listed in our email.***

Email Subject should read: Med 1 Introductory Professional Development Assignment

In one page total (~150 – 200 words) write about the following to the best of your ability; please do not spend more than about 30 minutes on this task:

1. Describe your journey to medical school; include your reason or motivation for aspiring to practice medicine.
2. Explain how would a family member or a friend describe your best strength(s); write about 1 to 3 strengths.
3. Have you identified an area of medicine in which you would like to practice?
 - a. If so, please identify
 - b. If not, no big deal. Please state none chosen.

Longitudinal Task

- Create your own “portfolio” to collect:
 - Ideas
 - Thoughts
 - Experiences
 - Exercises
 - Patient stories
 - Colleague stories
 - Learning opportunities
- Add to your portfolio regularly

Contact Information

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