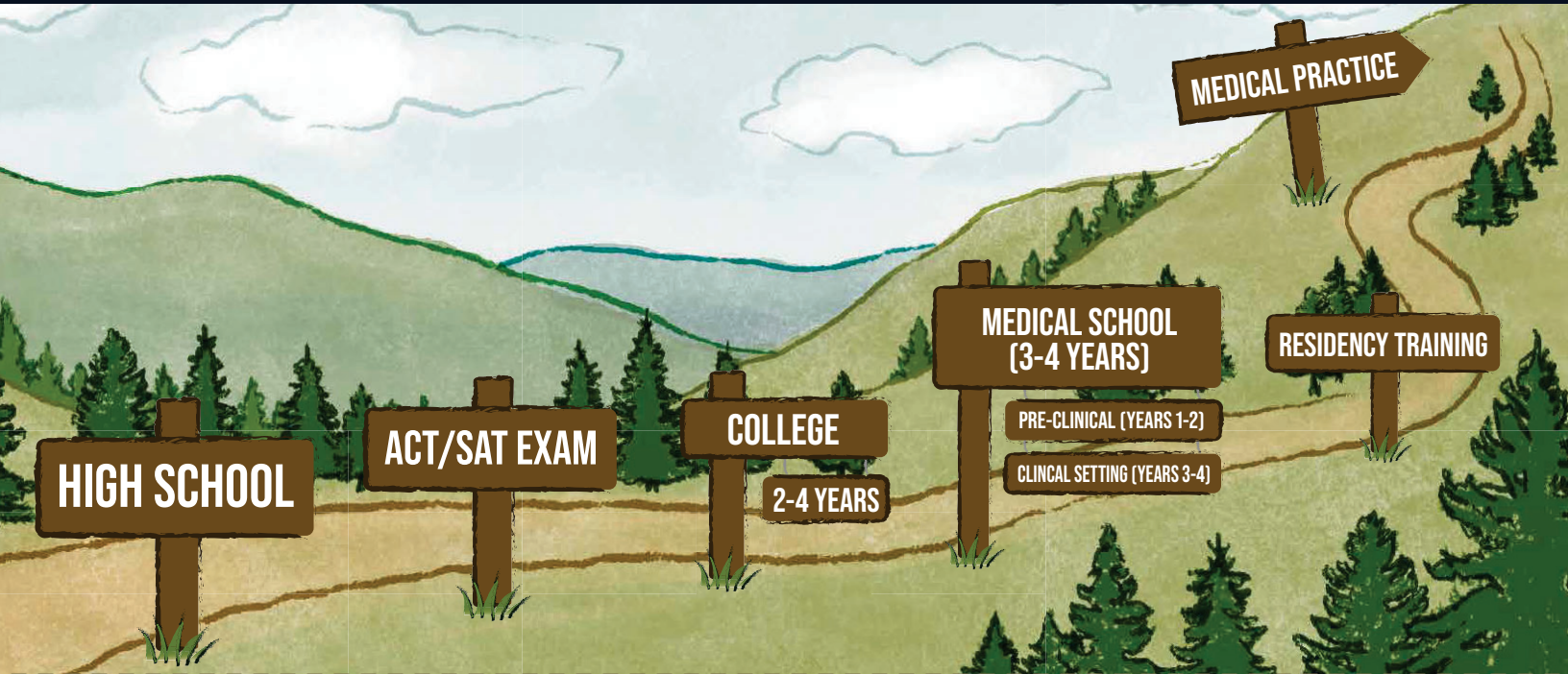




QUILLEN
COLLEGE *of* MEDICINE
EAST TENNESSEE STATE UNIVERSITY

TRAIL TO A CAREER IN MEDICINE



High School Trail



Key Competencies for Future Medical Students

Competencies are the knowledge, skills and behaviors needed to succeed in a particular field or role.

High school students can start developing essential skills for a medical career:

Professional Skills: Service orientation, teamwork, cultural awareness, ethical responsibility, reliability, adaptability, humility, empathy, compassion and commitment to learning.

Thinking & Reasoning: Critical thinking, quantitative reasoning, scientific inquiry and communication (oral & written).

Science: Apply knowledge in human behavior and living systems.

How to Build These Skills:

- **Clinical Experience:** Shadow physicians or volunteer in health care settings to build empathy, service orientation and teamwork skills.
- **Community Service:** Volunteer with organizations serving various populations to develop cultural competence and a strong service orientation.
- **Extracurricular Activities:** Participate in clubs, arts or sports to enhance teamwork, adaptability and leadership qualities.
- **Self-Reflection:** Regularly assess personal experiences and seek feedback to foster a commitment to learning and personal growth.

Starting early helps build a strong foundation for medical school and beyond!

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Recommended Courses

- General chemistry with lab
- Organic chemistry with lab
- Physics with lab
- Biology with lab
- Biochemistry
- Psychology/Sociology
- Human Anatomy & Physiology
- Critical Thinking
- Communication skills

Note: Choose your major by selecting something you like. Science major is not required.

Personal Characteristics to Develop

- Professionalism
- Maturity and responsibility
- Integrity
- Time management skills
- Empathy
- Resilience/Adaptability
- Interpersonal skills

Seek advice from knowledgeable sources. Work with your pre-med advisor. Gain volunteer hours. Gain a variety of medically related experiences.

Medical School Trail



Medical school is a four-year journey that helps students gain the knowledge and skills needed to become doctors. Here's how it works:

Pre-Clinical Years: You'll focus on learning the science behind medicine, like how the human body works and how diseases develop. You'll also start practicing basic clinical skills, like taking patient histories and performing medical exams.

Clinical Years: You'll move into real-world experiences, working with doctors and treating patients under supervision. This hands-on training helps you apply everything you've learned to real medical situations.

By the end of medical school, you'll be ready for the next step: residency, where you'll specialize in the area of medicine that interests you the most.

Medical Residency Trail



After medical school, doctors enter residency, where they train in a specific field like family medicine, internal medicine (adult care), pediatrics (kids), cardiology (heart), neurology (brain), surgery, etc. Residency lasts 3 to 7 years, with hands-on experience under expert doctors. Your specialty choice depends on your interests and career goals!

Additional advice for students interested in a career as a doctor.

- Work on speed-reading and comprehension improvement.
- Be involved in your school, community, place of worship, etc.
- Gain a variety of medically related experiences through volunteering (nursing home, hospitals, etc.), shadowing physicians, become a certified nursing assistant, medical scribe, medical assistant, emergency medical technician, etc.
- Look for opportunities at medical schools, such as these at Quillen: etsu.edu/com/sa/admissions/experience_opportunities.php

If you're passionate about helping others and willing to work hard, a career in medicine could be the perfect path for you!