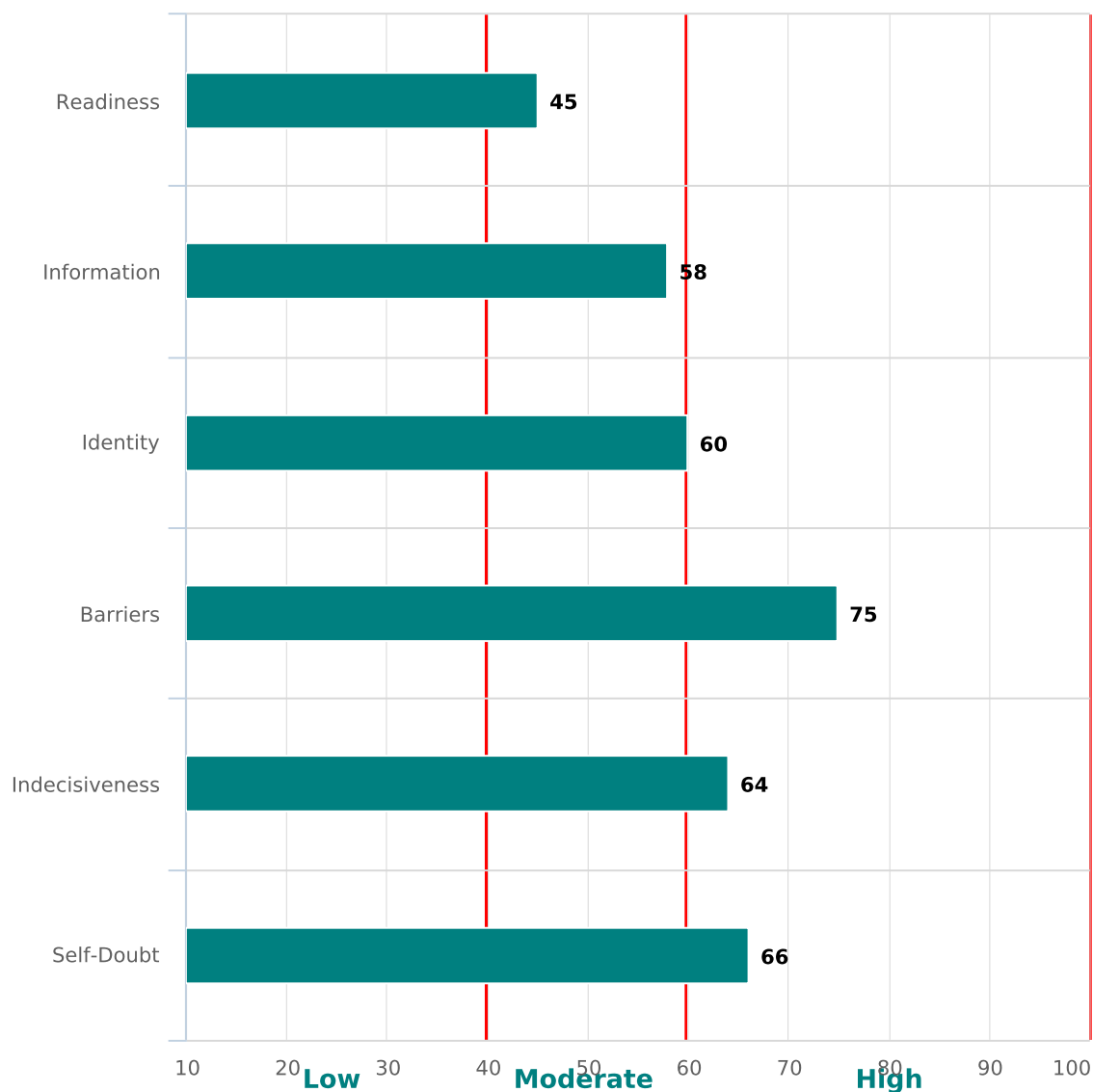


Specialty Indecision Scale(SIS) Results

Assessment Date : 08/08/2019

Name : Aryunzaya Jones

This report presents your scores on 6 major areas of career indecision. Review the suggested activities below to address any areas of indecision. Hyperlinks to suggested activities will open in another browser window.



Readiness

Your Score **45, Moderate**

This scale measures your readiness to make a decision, and addresses questions about whether you feel it is too early to decide or whether other events are more important than your need to make a decision.

Your Score Means

This area of concern is not an issue for you.

This concern addresses a need to find out more about how to make career decisions- who to talk to, what to do, where to go. Often this concern is prevalent in students who are just beginning the process of career decision-making or specialty choice, or who have never completed the career decision-making process.

Your Score Means

Your overall score was not high on this scale; however, you did indicate some concerns in the following areas. You may want to complete some of the suggested activities provided for each statement to help you address the concern.

2 . I can't find adequate and reliable information about the specialties I'm interested in

Depending on where you are in the information gathering process, there are a number of sources that will assist you in getting enough reliable information to begin narrowing your options.

Suggested Activities

- Contact the state or national specialty society to see if they provide any student advising or networking services, or attend local specialty organization meetings.
- Read about [medical specialties](#), specifically descriptions of the work, training requirements, and competitiveness data. Then follow the links to the specialty organizations and publications to learn more.
- Conduct [informational interviews](#) with doctors and residents in an array of clinical settings (academic medicine, private practice, public health, etc.).
- Attend specialty interest groups or panel programs offered in your medical school.
- Use your [clerkship rotations and electives](#) to broaden your knowledge about different specialties. Try to schedule your rotations such that the specialties you are considering fall early in your clinical training.

9 . I don't know who can help me make a decision

Although the decision is ultimately yours, getting advice and feedback from knowledgeable sources can help make the decision much easier. There are a number of people you can consult with for assistance.

Suggested Activities

- Schedule time to meet with your advisor or contact your student affairs office. Most schools provide either formal or informal advising to assist you with career and other concerns.
- Speak with clinical faculty or community physicians with whom you have interacted and formed a relationship.
- Talk over this decision with friends, family, and significant others who know you well.
- Consult with students in advanced years of school who have already made the decision to see how they went about making this choice.

This scale focuses on your need to know more about yourself - your interests, values, personality, and work skills - to help you explore appropriate career options or specialties.

null

- Review the [process of career planning](#): understand yourself, explore options, choose a specialty, and land a residency and the [CiM timeline](#).
- Complete the following self-assessments and review the results with your advisor:
 - Interests: [Medical Specialty Preference Inventory, Revised Edition \(MSPI-R\)](#)
 - Values: [Physician Values in Practice Scale \(PVIPS\)](#)
 - Skills: [Physician Skills Inventory](#)
- Review the personal statement you wrote for admission into medical school. It may remind you or help you clarify your goals.

This cause of indecision usually identifies external conflicts or barriers that keep you from making a choice. These could be related to characteristics of the specialty or specialties themselves or to difficulties created by other people important to you.

Your Score Means

Your score was high on this scale overall indicating it is a concern for you. You also indicated the following statements described you well. You may want to complete some of the suggested activities provided for each statement to help you address the concern.

32 . I can't find one specialty that pays well and lets me serve others

Finding balance among what seem to be competing values can be difficult. It's important to explore your perceptions about lifestyle and service and make sure that they are based on accurate information. Most specialties can accommodate any number of practice settings and configurations to allow for a comfortable standard of living.

Suggested Activities

- Schedule time to meet with your advisor to discuss these conflicting values.
- Research salaries for [medical specialties](#).
- Talk to faculty, community physicians and residents about conflicting values and opportunities for volunteerism or other ways of serving- e.g. medical associations, fund-raising, and mission trips.
- Talk to your financial aid office to review your financial situation, your debt and payment schedules and get information on consolidating loans.

This cause of indecision identifies internal conflicts that impede the ability to decide. Often this concern focuses on two or more specialties that are equally appealing to you or that may have competing characteristics that you find difficult to choose between.

Your Score Means

Physicians-in-training can experience other concerns that fall outside the six major categories of specialty indecision. Your score was high on this scale overall indicating it is a concern for you; however, you did not select any individual items that described you well. You may want to complete some of the suggested activities listed below.

5 . I'm interested in several specialties, but haven't found the perfect one

The perfect specialty does not exist for anyone and for most people there will be many specialties that will be equally satisfying. By assessing your personal characteristics such as your values, interests, personality and skills, you will have the best possible chance of finding a specialty that is a good fit for you.

Suggested Activities

- Complete the self-assessments and review your assessment results for insight into your interests, values, personality, and skills.
- Further explore the specialties you're considering through shadowing, [informational interviews](#), clerkships, or other elective experiences.
- List the pros and cons of each specialty, outlining which aspects appeal to you and which do not. Make sure your list is based on good information about the specialty instead of misconceptions and stereotypes. Review this list with your advisor for further insight.

12 . I've identified some good specialty choices, but can't decide among them

Having several good options that are difficult to choose between may indicate that you would be well-suited for several specialty areas. You may need to get more information and experience in order to make your decision.

Suggested Activities

- Conduct [informational interviews](#) with residents, faculty, and physicians in various clinical settings (e.g., academic medicine, private practice, public health).
- Attend specialty interest groups or panel programs offered in your medical school.
- Use your [clerkship rotations and electives](#) to broaden your knowledge about different specialties. Try to schedule your rotations such that the specialties you are considering fall early in your clinical training.
- List the pros and cons of each specialty, outlining which aspects appeal to you and which do not. Make sure your list is based on good information about the specialty instead of misconceptions and stereotypes. Review this list with your advisor for further insight.

19 . I'm attracted to two quite different specialties

Being attracted to two very different specialties can indicate that you have broad interests or that you need to do more exploration into your personal characteristics to see if those specialties will be a good fit for you.

Suggested Activities

- Complete the self-assessments, particularly the [Medical Specialties Preference Inventory, Revised Edition](#) (MSPI-R) and the [Physician Values in Practice Scale](#) (PVIPS), and review the results with your advisor.
- Explore the two [medical specialties](#) you're considering. Follow the links to the specialty organizations and publications to learn more about the specialties.
- Try to schedule clerkships or elective experiences in those specialties early in your clinical training.

- List the pros and cons of each specialty, outlining which aspects appeal to you and which don't. Make sure your list is based on good information about the specialty instead of misconceptions and stereotypes.

33 . I like parts of many different specialties

That's not unusual and there may be a number of specialties that would be a good fit for you. There is rarely one "perfect" specialty for anyone so it may be useful to examine what parts you like and dislike about several different specialties. Then, see if any themes emerge that may point you in one direction over another.

Suggested Activities

- List the pros and cons of each specialty, outlining which aspects appeal to you and which do not. Make sure your list is based on good information about the specialty instead of misconceptions and stereotypes. Review this list with your advisor for further insight.
- Complete the self-assessments and review your assessment results for insight into your interests, values, personality, and skills.
- Read "[Making Your Specialty Decision.](#)"

Psychosocial factors, such as self-confidence, anxiety, or a feeling of being overwhelmed with the decision are assessed in this concern.

Your Score Means

Your score was high on this scale overall indicating it is a concern for you. You also indicated the following statements described you well. You may want to complete some of the suggested activities provided for each statement to help you address the concern.

6 . There are so many choices I don't know where to start

It can be overwhelming to think about all the options available but breaking the process into small tasks can make starting easier. Instead of focusing on the choices, start with understanding yourself.

Suggested Activities

- Review the [process of career planning](#): understand yourself, explore options, choose a specialty, and land a residency and the [CiM timeline](#).
- Complete the following self-assessments and review the results with your advisor:
 - Interests: [Medical Specialty Preference Inventory, Revised Edition \(MSPI-R\)](#)
 - Values: [Physician Values in Practice Scale \(PVIPS\)](#)
 - Skills: [Physician Skills Inventory](#)

13 . I'm unsure about my ability to succeed in different specialties

This is a common anxiety. Gathering more information about your skills and aptitudes as well as information about specialties will help you make a more realistic evaluation of your ability to succeed.

Suggested Activities

- Schedule time to meet with your advisor to discuss your abilities and experiences.
- Conduct [informational interviews](#) with residents, faculty, and physicians in practice to get a realistic view of what the work is like.
- Write in a journal or use the [Physician Skills Inventory](#) while on your clerkship rotations to record your perceived strengths and weaknesses.
- If you have completed clerkships, review feedback on specific aspects of your performance.

27 . Thinking about choosing a specialty makes me anxious

It's an important decision so some anxiety is completely normal. There are specific steps to the process that you can take and a number of resources you can use to help you work through this decision.

Suggested Activities

- Areas to explore with the student include their motivation to go into medicine (if they are questioning it), internal conflicts, external pressure, fear of not being competitive, a personal problem or situation that requires attention, or feeling overwhelmed. All of these areas may be contributing to this concern. You may need to refer the student to a counseling center or psychiatric services if the anxiety is severe.
- It may help to de-mystify the process in an effort to reduce anxiety. Review the [steps in the CiM program](#), how each will help in the decision-making process and the tools and resources used to accomplish these steps.
- Work with them to prepare a step-by-step plan with target dates for each task. Plan a follow-up meeting with specific agreed upon actions that the student will take prior to the next meeting.
- Suggest talking with others - spouse, advisor, parents, etc. - to receive their input and alternative perspectives.

Other Concerns

Your Score Means

You indicated some other concerns in the following areas. You may want to complete some of the suggested activities provided for each statement to help you address the concern.

7 . I need more information about requirements and responsibilities of different specialties

Doing research will help you differentiate the requirements and responsibilities of each specialty in order to move toward a realistic choice. There are a number of ways to get this information including online research, library and journal research, experiential activities, and clinical clerkships.

Suggested Activities

- Read about [medical specialties](#), specifically descriptions of the work, training requirements, and competitiveness data. Then follow the links to the specialty organizations and publications to learn more.
- Conduct [informational interviews](#) with residents, faculty, and physicians in various clinical settings (e.g., academic medicine, private practice, public health).
- Attend specialty interest groups or panel programs offered in your medical school.
- Use your [clerkship rotations and electives](#) to broaden your knowledge about different specialties. Try to schedule your rotations such that the specialties you are considering fall early in your clinical training.
- Visit specialty organization Web sites and review journal publications for current topics and opportunities in various [specialties](#)

28 . I don't know what I need to do to make this decision

What you need to do depends on where you are in the process. There are a number of opportunities and resources throughout your time in medical school that will help you move toward a decision.

Suggested Activities

- Review the [process of career planning](#): understand yourself, explore options, choose a specialty, and land a residency and the [CiM timeline](#).
- If you are in your third year or later, schedule time to meet with your advisor to discuss choosing a specialty.

Understanding Your Results

The Specialty Indecision Scale, 2nd Edition was developed to assist medical students in identifying many of the major causes of difficulty in choosing a specialty. It measures difficulty in the following six areas:

- **Readiness:** Need to begin the process of specialty choice
- **Information:** Need to locate sources of information and guidance
- **Identity:** Need to identify one's interests, values, personality, and career goals
- **Barriers:** Need to resolve external conflicts
- **Indecisiveness:** Need to reduce internal conflicts
- **Self-Doubt:** Need to increase decision-making confidence

High Scale Scores

High scores on each scale were calculated by averaging your responses to each of the items scored on the scale and comparing those scores to a normative sample of medical students who previously completed the SIS. Standard scores with a mean of 50 and standard deviation of 10 were created to allow users to compare the relative standing of each scale with other scales on the instrument. The higher the score, the more this scale is a concern for you in your decision making process.

Higher scale scores typically point to a larger number of high ratings on individual statements in the instrument. High ratings are defined as those to which you rated the item as "Describes Me Very Well." These highly rated statements are presented on the detailed pages along with suggested activities for you to consider.

Mid-range scores with important specific concerns

In addition to the high scales, there may be other moderately high concerns that fall in the midrange of the scale and still may cause concern for you. You may have identified a few specific items that are important to you, but not enough to raise your score to a high level on the overall scale. In those cases we present those highly scored items and offer suggestions for further activity. You may also obtain a high overall scale score but no specific areas of concern for you. In these cases some general suggestions and feedback are provided.

Follow the suggestions provided in the report. They may help you overcome your decision-making difficulties in this area. If after following these suggestions, you are still having difficulty, we encourage you to consult your advisor, or [Careers in Medicine Liaison](#), who may have other suggestions for you and can help you work through areas where you may be having difficulty. Print a copy of your report and bring it with you. Your advisor can access other information on the CiM web site that may help guide your progress through the decision-making process.

Theoretical and Methodological Underpinnings

Many medical students experience difficulty in selecting a medical specialty in which to practice. There could be a number of causes for this difficulty that fall along a timeline from the early stages of decision-making to later on in the process that address difficulties with selecting and implementing one's career. Recognizing that indecision exists and accurately identifying the source of that indecision is an important first step in making sound career choices.

The SIS was developed following major theories of career indecision and subjected to rigorous psychometric procedures. A group of medical students from across the United States served as the initial respondents and their results were used to create the structure of the instrument, as well as the normative results that guide our understanding of medical students' career indecision.

Note :

For additional information review each scale. We recommend that you print your results and bring them to your CiM liaison or an advisor who may be able to provide additional suggestions and feedback. This is particularly important if your scores are high (i.e., above 60) on four or more scales. These results are based on an assessment of your current circumstances. As time goes on other concerns may become important to you. We encourage you to revisit this assessment if you experience difficulty making a decision.