

Texas A&M Naresh K. Vashisht

College of Medicine

Student Services Guide



Updated: 10/24/2025

Vashisht COM (VCOM) Student Services Guide

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Health Insurance Requirements

The Vashisht College of Medicine **requires** all students to have health insurance coverage with significant health and mental health benefits. The following is an excerpt from your Student Handbook which you will receive at orientation:

*All Texas A&M Health Science Center medical students are required to carry and maintain health insurance coverage with significant health and mental health benefits. Students are **strongly** encouraged to provide coverage for all dependents. Students who presume they are still covered on their parents' policies are well advised to confirm this with their insurance carriers. Some policies automatically delete coverage for family members who: reach a certain age, become married, no longer reside with parents, etc. Knowing these conditions in advance will permit time to obtain coverage elsewhere.*

All students are required to sign a document verifying they have coverage and signifying that they understand they will be responsible for any medical expenses incurred beyond what their insurance will pay. Student must **have** and **maintain** health insurance for themselves. Although the Office of Student Affairs does not endorse any specific carrier, Texas A&M University does offer a health insurance plan for all students through Blue Cross-Blue Shield. Several national medical organizations that serve medical students such as the American Medical Association and the American Medical Student Association have insurance products as well.

See next page for recommended health insurance coverage.

The following benefits are **strongly recommended** to provide minimum coverage:

BENEFITS

Overall lifetime minimum (for you and each dependent)

Hospital Bills

Clinical Bills

Other services

COVERAGE

\$1,000,000 for all causes

\$25,000 for mental, psychoneurotic, personality disorders, and chemical dependency

All customary hospital services and supplies - 70%

Maximum deductible of \$500

All customary clinic services, supplies, and physician fees - 70%

Diagnostic x-ray, radiotherapy, and lab tests

Rehabilitation services including physical/speech/occupational therapy

Home health care

We encourage you to consider insurance coverage in excess of the minimum listed above for several reasons, not the least of which is that you may become ill or injured and have bills that could present an unexpected burden. You may currently be on your parents' insurance and wish to remain so; however, you should determine if their policy will permit you to continue; e.g., there may be limitations regarding age.

****You must upload a copy of your insurance card to Complio (see attached Complio Compliance Packet for instructions) by the end of July each year****

Providing proof of insurance must be done annually (even if your insurance does not change).

NOTE: You are required to obtain **and maintain** health insurance at all times. If at any time we find you are no longer covered, you may be pulled from clinical experiences until this is taken care of.

If you have questions about insurance requirements, you may contact Rachel Hohlt at rkhoht@tamu.edu.

Texas A&M Insurance Options

All Texas A&M medical students are required to have **and maintain** health insurance for themselves at all times. It is strongly recommended that you have insurance for any dependents, as well. You are welcome to provide your own health insurance (such as if you are on your parents' plan). The health insurance listed below is available to all Texas A&M students if you need to find a provider on your own.

Academic Health Plans

Enrollment Information: 877-624-7911

Website: <https://tamu.myahpcare.com>

Student Dental Coverage Plan

Customer help line: 877-624-7911

Website: <https://tamu.myahpcare.com>

Disability Insurance Options

Disability insurance is optional for medical students, but some may wish to consider it, particularly if you have dependents who depend on your income. Texas A&M does not offer student disability insurance; however, below is an outside provider who students have used in the past. Many individual insurance companies will provide enrollment in disability insurance, as well.

American Medical Association (AMA) Insurance

Contact: 888-627-5902

Website: <https://www.amainsure.com/insurance-products/physician-disability-insurance/medical-student-insurance/>

VCOM STUDENT HEALTH SERVICES

Campus	Preventative	Acute	Emergent	Hospitalization
Bryan/College Station	Flu shot: CHI St. Joseph TB: SHS	SHS or Local Doctor	CHI or BSW	CHI or BSW
Dallas	BUMC Employee Health Clinic, 11 Barnett Tower	MedProvider, 3417 Gaston Ave #1000 & 1100	BUMC	BUMC
Houston	Houston Methodist Wellness Center, 6445 Main-22nd Floor	Houston Methodist Primary Care Group	HMH or any TMC ER	HMH
Round Rock	TAMU Flu Clinic, PCP, Williamson County Health District, Lonestar	LSCC or BSW walk-in clinics	Seton WilCo or BSW RR ER	Seton WilCo or BSW RR

Students are welcome to use any provider or facility of their choosing. All the above should take A&M System Student Health Insurance. For an expanded list of nearby same day health care facilities on each campus and other walk in clinics that take the A&M Student Health Insurance, see adjacent pages.

KEY:	BSW	Baylor Scott & White	LSCC	Lone Star Circle of Care	WilCo	Seton Williamson Co Hosp
	BUMC	Baylor University Medical Center	PCP	Primary Care Physician		
	CHI	CHI St Joseph Hospital	SHS	TAMU Student Health Center		
	HMH	Houston Methodist Hospital	TMC	Texas Medical Center		

Texas A&M Vashisht College of Medicine

Same Day Health Care Providers

Bryan/College Station

Student Health Services

A.P. Beutel Health Care

Texas A&M University

College Station, TX 77845

Hours of Operation: Mon-Fri, 8:00 am - 5:00 pm

979-458-8316

Appointments: 979-458-8250 or [Appointments](#)

Dallas

MedProvider-(non-faculty physicians)

Students should directly contact **Ashley Januta or Freddie Tomblin** by calling or emailing to arrange for a same day appointment. When calling, please mention that you are an A&M medical student. If you are unable to reach Ashley or Freddie via phone, please send them an email and put **"Student"** in the subject line so that they will know what it is in regards to.

3417 Gaston Ave Ste 1000 & 1100

Dallas, TX 75246

Hours of operation: Mon-Fri, 7:30 am – 4:30 pm

Ashley Januta - 469-509-4475 -Ashley.Januta@BSWHealth.org

Freddie Tomblin - 214-629-9852 - Freddie.Tomblin@BSWHealth.org

Round Rock

Lone Star Circle of Care

Same-Day Health Services

Hours: Mon-Fri 8:00 am - 6:30 pm

Procedure to access:

- 1) Call (512) 524-9291. This is the LSCC Referral Specialist and Managers. Alternate # (512) 595-0031
- 2) Tell them that you are a Texas A&M Medical student and that you need to make an appt.
- 3) You will be scheduled with an open slot or work in appointment. The physicians participating in this program are not physicians that work with students.
- 4) Your insurance will be charged as for any regular clinic visit.

Houston**Houston Methodist Primary Care Group - Same Day Clinic**

713.394.6724

This is the main PCG call center number. When you call, you will then obtain a same day appointment at one of our medical center locations. If you have trouble making a same day appointment, please call Viany De Santiago at 713-441-4719.

Select Health Care Providers Accepting A&M Student Insurance by Campus

Bryan/College Station

Integrity Urgent Care
3201 University Dr. E Ste 135
Bryan, TX 77802 979-703-1832

Baylor Scott & White Clinic
1700 University Dr E
School Station, TX 77840
979-691-3300

Dallas

Medspring Urgent Care Center
2404 Mckinney Ave
Dallas, TX 75201
888-980-0505

Carenow Urgent Care Center
2221 Abrams Rd
Dallas, TX 75214
972-674-8510

Baylor Scott & White Family Medical Center
3600 Gaston Ave
Barnett Tower, Ste 1109
Dallas, TX 75246
972-817-6930

Houston

AFC Urgent Care
107 Yale St Ste 200
Houston, TX 77007
281-320-2338

Medspring Urgent Care
1101 Heights Blvd
Houston, TX 77008
832-539-4707

Baylor School of Medicine – Upper Kirby
3701 Kirby Dr, Suite 100
Houston, TX 77098
713-798-7700

Round Rock

Carenow (any location... below is closest to campus)

1820 Gattis School Rd, Round Rock, TX 78664

Phone: 512-861-8055

Medspring Urgent Care

1820 Gattis School Road

Round Rock, TX 78664

Phone: 512-861-8050

Nextcare Urgent Care (Any location: closest to campus below)

1240 E Palm Valley Blvd, Round Rock, TX 78664

Phone: 512-733-9100

Next Level Urgent Care

1820 Gattis School Rd, Round Rock, TX 78664

Phone: 281-783-8162

Texas Medclinic

12319 N Mopac Expwy, Austin, TX 78758

Phone: 512-835-5577

Fast Med Urgent Care

4506 Williams Dr Ste 120, Georgetown, TX 78633

Phone: 512-869-3355

Concentra Urgent Care

9333 Research Blvd Ste 400, Austin, TX 78759

Phone: 512-467-7232

For more In-Network Providers accepting A&M Student Insurance, visit: <https://tamu.myahpcare.com/>

Student Counseling Services

NOTE: All students, all campuses have access to a plethora of mental health resources through the TAMU TELUS Student Support app. In addition, this app allows you to talk to someone 24/7 if you need to talk to someone right now. They will not do long term counseling but are good for acute needs for yourself or classmates. Go to <https://uhs.tamu.edu/mental-health/student-support.html> and download the Telus Student Support app.

Bryan/College Station

Associates for Applied Psychology (if no answer, leave a voicemail and say you are a medical student)

408 Tarrow, School Station, TX 77840

(979)268-1111

For M1 – M3 Students

Eden Schmeichel, Pd.D.

Laura Osborne, Ph.D.

Theresa Quinn, Ph.D.

For M4 Students

Brian Stagner, Ph.D.

Karen Belter, LP, Ph.D.

TAMU Mental Health Services

TAMU Student Services Bldg (main campus near MSC)

471 Houston St.

College Station, TX 77843

(979)845-4427

<https://uhs.tamu.edu/mental-health/index.html> Open 8-5, M-F. Appointments are made online, but will accept emergent walk-ins until 4 pm daily.

TAMU Student Counseling Helpline

4:00pm – 8:00am (Weekdays)

24hrs (Weekends)

(979)845-2700

Dallas

Carlos W. Davis, Jr., Ph.D., P.C.

6301 Gaston Avenue, #620

Dallas, Texas 75214

Tel. 214-824-4244

Angelica M. Tratter, Ph.D.

6330 Lyndon B Johnson Fwy #234

Dallas, TX 75240

Tel 214-350-5980

Emily Kaus, MS

Program Manager - Wellness

Baylor University Medical Center

3 Y-Wing Academic Offices

emily.kaus@bswhealth.org

214-820-2576

Texas A&M Vashisht College of Medicine Dept of Psychiatry (telehealth)

Phone: 979-774-8200 or 979-436-9165

If leaving a voicemail, say you are a Dallas medical student and leave your cell number. (And be sure YOUR voicemail box is not full!)

Houston

ETHOS Wellness – Bellaire

6750 West Loop South, Suite 950

Bellaire, TX 77401

Phone: 832.778.6750

<https://ethoswellness.com/ethos-wellness-bellaire/>

Premier Psychological Services

3730 Kirby Dr., Suite 800

Houston, TX 77098

Phone: 713.521.7575

<http://www.premierpsychservices.com/home.html>

**Contact Lera Fisher to schedule appt.

Texas A&M Vashisht College of Medicine Dept of Psychiatry (telehealth)

Phone: 979-774-8200 or 979-436-9165

If leaving a voicemail, say you are a Houston medical student and leave your cell number. (And be sure YOUR voicemail box is not full!)

Round Rock/Georgetown**Norma Perez, PhD**

Mind, Body, Life Connection

1213 RR 620 South, Suite 203

Lakeway, TX 78734

Cell: (512)365-4278

Email: mindbodylifeconnection@gmail.com

Linda Chupik, LMFT

1023 Canyon Creek, Ste 105

Temple, TX

(254) 718-2690

Danielle Witchel, LCSW

3400 Kerbey Ln

Austin, TX 78703

(512)627-4109

daniellewitchel@gmail.com

Texas A&M Vashisht College of Medicine Dept of Psychiatry (telehealth)

Phone: 979-774-8200 or 979-436-9165

If leaving a voicemail, say you are a Round Rock medical student and leave your cell number. (And be sure YOUR voicemail box is not full!)

OTHER SOURCES FOR PERSONAL COUNSELING

As a Texas A&M medical student, you have many sources for seeking help and answers to questions. All of the following are individuals or groups you might consider, depending on the nature of the issue you wish to discuss.

- **Student Advocates** - These individuals are elected by your class to serve as ombudsmen, confidants, and someone you can go to privately with concerns. They can help or act as a go between for you.
- **Individual Faculty/Course Leaders** – You will find that most welcome talking with students about a multitude of subjects, not just pure academics.
- **Learning Community Leaders** – For M1-M3's. Also, your Aggie Doc Connections students in your learning community.
- **Academic Support Staff** – Kristy Motte, Terri Toler, Yvonne Dang, Sergio Vasquez, and Erica Chance are available in person on their respective campuses, but also via phone, Zoom, and FaceTime to talk about any issue, whether purely academic or not. The Navigators can be helpful as well.
- **Student Affairs Deans** – You feel free to come in and talk with the student affairs dean assigned to your campus, **or from any other campus**, if you prefer. All are happy to take both students by appointment, Zoom, and walk-ins when they are able. They welcome providing a safe place for you to talk, ask questions, and get help or advice.
- **Academic Affairs Deans** – Our Academic Affairs deans (Drs. Dickey, Wieters, Clewing, Dubois, Day)

Fitness Facility Options

List of options in reasonable proximity to the school on each campus

Bryan/School Station

Texas A&M University Rec Center

TAMU West Campus

979-845-7826

<https://recsports.tamu.edu/>

Southside & Polo Road Rec Centers

TAMU Main Campus

Near A&M Golf Course & Polo Fields

Dallas

Planet Fitness

4800 Columbia Ave

Dallas, TX

469-324-5599

<https://www.planetfitness.com/gyms/dallas-columbia-tx>

YMCA – Downtown

601 North Ackard St.

Dallas, TX 75201

214-954-0500

YMCA – White Rock Lake

7112 Gaston Ave.

Dallas, TX 75214

214-328-3249

Cowboys Fit (formerly Tom Landry...on site but more expensive than others)

411 N Washington Ave, Ste 1900

Dallas, TX 75246

469-486-2735

<https://www.bswhealth.com/locations/landry-fitness-center/>

Houston – Downtown (TMC)

Fitness Center (IBT)

2121 W. Holcombe Blvd

Houston, TX 77030

11th floor Alkek Building (1114F)

Security maintains the waivers of liability for access to the room (badge access required).

Fitness Center (EnMed)

1020 Holcombe #315

Houston, TX 77030

Security maintains the waivers of liability for access to the room (badge access required).

Fitness Center (Houston Methodist Outpatient Center Facilities)

6445 Main Floor 23 Houston, TX 77030.

Completion of online form required (<https://hrportal.ehr.com/houstonmethodist/Home/Health-HealthyDirections/HealthyDirections/Houston-Methodist-Fitness-Centers>)

Houston – North (Willowbrook)

Houston Methodist Willowbrook Wellness Center

Hargrave Building

18220 TX-249

Houston, TX 77070

Methodist ID badge required

Lifetime Fitness

7717 Willow Chase Blvd

Houston, TX 77070

281-469-9300

Round Rock**Anytime Fitness of Round Rock**

2650 Gattis School Road

Round Rock, TX 78664

512-919-4104

<https://www.anytimefitness.com/gyms/3504/round-rock-tx-78664/>

Gold's Gym

4201 Sunrise Rd

Round Rock, TX 78665

512-535-6423

<https://www.goldsgym.com/austin-north-round-rock-tx/>

Food Bank Facility Options

List of options in reasonable proximity to the school on each campus

Bryan/College Station/Brazos Valley Food Pantry Resources

Brazos Valley Foodbank List

[Find Food | Brazos Valley Food Bank \(bvfb.org\)](https://bvfb.org)

This list has locations in all of the surrounding counties, including those that are specifically produce distribution locations.

Texas A&M Campus Resources

[Food Resources | Student Assistance Services – Student Life | Texas A&M University \(tamu.edu\)](https://tamu.edu/food-resources)

There are quite a few different locations on the TAMU campus that are mini-food banks. Some are designated for any A&M student and some for specific types. See the list at the link above.

VCOM

A small food pantry is available on the VCOM/HSC campus in Clinical Bldg 1. The location has moved due to recent construction and now located in CB1 Room 3501.

Other

Some limited food items can be found in the Office of Academic Support

Dallas Food Pantry Resources

North Texas Food Bank

<https://ntfb.org/feedingnetwork/get-food-assistance/#>

Houston Area Food Pantry Resources

Memorial Herman Community Resources

<https://www.memorialhermann.org/giving-back/community-benefit/programs/community-resource-centers>

United Way of Greater Houston

<https://referral.unitedwayhouston.org/MatchList.aspx?k;;0;;N;0;0;Food%20Pantries;Food%20Pantries>

Houston Food Bank

<https://www.houstonfoodbank.org/find-help/agency-locator/>

Supplemental Nutrition Assistance Program (SNAP)

<https://www.yourtexasbenefits.com/Learn/Home>

Round Rock/ Williamson County Area Food Pantry Resources

Round Rock Area Serving Center (1099 East Main Street, Round Rock)

Monday-Friday 10:00-4:00, Saturday 10:00-2:00

<https://www.rrasc.org/>

<https://www.centraltexasfoodbank.org/location/round-rock-area-serving-center>

First Baptist Church Pflugerville (903 Pfluger Street West, Pflugerville)

Wednesday 9:00-11:00

<https://fbcpville.org/go/food-pantry/>

Round Rock Seventh Day Adventist Church (4 Applegate Circle, Round Rock)

Thursday 3:00-6:00

<https://roundrocktx.adventistchurch.org/>

First Methodist Church Pflugerville (500 Pecan Street East, Pflugerville)

Tuesday 9:00-11:00

<https://www.pflugervilleumc.org/community-care>

St. Andrew's Presbyterian Church (14311 Wells Port Drive, Austin)

2nd and 4th Saturday 9:00-12:00

<https://www.staopen.org/work/serving-neighbors/>

St. Vincent De Paul Society/ Diocese of Austin (901 West Braker Lane, Austin)

Saturday 9:00-11:00

<https://www.ssvdp.org/client-services>

Other resources: <https://www.findhelp.org/food/food-pantry-round-rock-tx>

CONTACTING TAMU FINANCIAL AID

All financial aid at the Vashisht College of Medicine is handled by the main university through their Office of Scholarships & Financial Aid. Because the needs of medical students are often very different from that of undergraduates, and even from conventional graduate students, a team has been formed within their office to specifically handle the needs of all HSC students.

To contact Financial Aid about any issues or questions you have, please do NOT access them via their main phone number or main email address. You may encounter first line counselors who are not as knowledgeable about professional school students. **Access Financial Aid first via the specific email below.** The email will go to those below who best know medical students and their unique issues, and will also ensure that their backup will answer their emails when they are out. If a phone call is needed, they will be happy to set up a time to call you.

Contact email:

hscfinancialaid@tamu.edu

You book your own appointment with a Financial Aid Counselor assigned to HSC students at this link:

<https://outlook.office.com/book/HSCScholarshipsFinancialAid@tamucs.onmicrosoft.com/?ismsaljsauthenabled>

Financial Aid phone (HSC students):

979-458-5348

PERSONAL FINANCE & DEBT MANAGEMENT HELP FROM THE AAMC

The AAMC has a robust division to help medical students and residents with their financial needs and issues. It is the AAMC Financial Information, Resources, Service & Tools (FIRST) program. This is specifically tailored to the unique needs of students like you.

This website has many articles that are very specific to your life such repaying loans in residency, how to budget for interviewing during year 4, etc.

In addition to the articles, the AAMC FIRST program does periodic webinars on topics of interest to you. Many of these are recorded so they can be viewed later. A sample list of recorded webinars include:

You are encouraged to peruse the resources as you need help in this area. As webinars for the future are announced, the Office of Student Affairs will send out email notices to allow you to sign up to participate in them live.

See what they have to offer at: <http://www.aamc.org/first>

Recorded Webinars and Videos

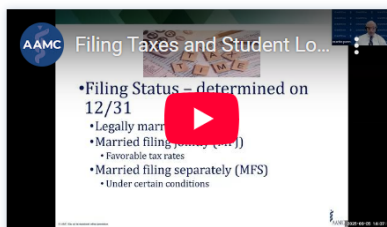
SHARE: [in](#) [X](#) [f](#) [✉](#)

Watch recorded FIRST webinars and videos about financial topics important to premedical students, current medical students, and residents.



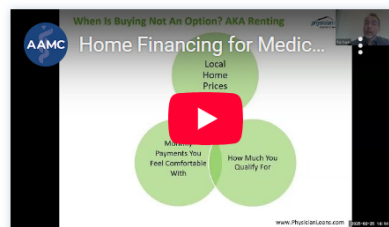
Navigating Student Loans and Repayment Changes Post Budget Reconciliation Webinar

This webinar focuses on changes to federal student aid including an overview of how policy shifts and their timing will impact current and future medical students and residents. Topics include loan program changes, borrowing limits and repayment options.



FIRST Webinar Recording: Filing Taxes and Student Loans

During this video, Martin Penn, Einstein COM, discuss filing taxes, when to file and the documents or information that are needed, as well as provide key dates/deadlines. He also touches on implications filing taxes have on retirement and student loans.



FIRST Webinar Recording: Home Financing for Medical Students and Residents

This session, presented by Tal Frank, President of PhysicianLoans, explains best home financing practices for graduating medical students and residents. Highlighting the proper steps to take when applying for a loan and questions to ask loan officers.

In addition to AAMC resources, various presentations done locally by TAMU financial aid on topics like buying a house, loan repayment, etc can be found on the VCOM Student Affairs Sharepoint site.

OVERVIEW OF CAREER ADVISING AT THE VCOM

Career advising is coordinated through the Office of Student Affairs. All Student Affairs Deans participate in career advising, and **Dr. Jennifer Friedman** is specifically the one who handles career advising-related programming. The basic timeline and major tasks can be broken down into three major time segments, each with a different emphasis.

Preclinical years	Exposure to different specialties and assessment of one's own strengths and desires.
Clinical clerkships	Further specialty exploration and early prep for residency.
Fourth year	Preparation for residency

You should visit the VCOM Career Advising SharePoint site frequently, as material is updated there .

The direct link is: [CAREER ADVISING](#)

Preclinical years – Exposure to different specialties and assessment of one's own strengths and desires. This is done through the following activities:

- Monthly Doc Talks – Physicians talk about their specialty and career path
- Specialty Interest Groups – With guest speakers and related activities
- Career-related class seminars emphasizing AAMC Careers in Medicine self-assessment instruments and specialty spotlights
- Access to specialty FAQ sheets made by our faculty on VCOM Career Advising Website
- Access to Core Specialty Advisors for specific questions via email
- One-on-one visits with Student Affairs deans as needed

Clinical Clerkship Years – Further specialty exploration and early prep for residency. This is done through the following activities:

- Class seminars including use of Careers in Medicine talks on use of VSLO, introduction to timelines ahead, fourth year scheduling, and The Residency Explorer™ Tool
- USMLE prep sessions by Office of Academic Support
- Continued access to Core Specialty Advisors and one-on-one visits with Student Affairs deans
- Assignment of and meetings with a specialty-specific advisor starting early in the M3 year if specialty is known, mandatory by February of M3 year.
- One-on-one meeting with a Student Affairs dean to sign off on fourth year schedule and personalized career advising session
- Seminars in late M3 year from specialty Program Directors and residents, as well as meetings with recently matched M4's in different specialties.

Fourth Year – Preparation for residency. This is done through the following activities:

- Class seminars on pertinent subjects such as Personal Statement writing, ERAS, MSPE's, interview season

- Student Affairs coordinated mock interview according to specialty
- Meetings with specialty-specific advisor and consultation of core specialty advisors as needed
- MSPE/career advising meeting with Student Affairs deans (mandatory)
- Hints and Tips emails approximately 1 – 2 times a month during interview season
- Individual meetings with Student Affairs deans for those deemed at risk for being in SOAP to set up action plans (mandatory)
- Financial aid group exit interview about student loans done by TAMU Office of Financial Aid & Scholarships. (mandatory)

WHERE DO I GO FOR CAREER ADVISING HELP?

There are 3 groups who should be your primary sources for career advising at the school, and there is a plethora of online resources to help, as well. Your Academic Navigators on each campus will help you with scheduling of courses but are not your primary sources. Regardless of what is listed below, you are encouraged to gain insight and input from multiple resources beyond these. Asking attending physicians, preceptors, and residents can yield a wealth of excellent information.

Below are major groups tasked with helping you with descriptions of how they fit into the process.

Student Affairs Deans

- Serve as your primary advisors and referral point during your pre-clinical years
- Serve as backup and secondary advisors during the remainder of your time in school
- Are available to advise from before day one through long after graduation
- HOW TO CONTACT: Set up an appointment, drop in, or email them

Core Specialty Advisors

- A small group of experts in their specialty that have agreed to take specific questions about their specialty from any student, any campus, any year.
- During your pre-clinical years, they are who you should ask specific questions about a specialty after talking to your student affairs dean, or in addition to them.
- During your clinical years serve as backup and a second opinion source to your specialty-specific advisor
- HOW TO CONTACT: Email them (see VCOM Career Advising SharePoint site for the list of core advisors and emails)

Specialty-Specific Advisors

- Advisors in your specialty that have agreed to meet with students one-on-one and help you through the residency application process
- These are assigned during your clinical years. If you change specialties, we will switch you to a different advisor.

- We can assign you a specialty-specific advisor as early as July/August of your M3 year if you are ready for one, but you must have one no later than February of your M3 year.
- This is your primary specialty advisor for your clinical years.
- We particularly recommend having them review your personal statement & Curriculum Vitae , discuss where you are applying, look over your rank lists, if you wish
- HOW TO CONTACT: Email initially and have an in-person meeting with them. Agree in that meeting how you will continue to access them as needed.

Who to Contact by Years

Pre-clinical: 1) Student Affairs Deans 2) Speakers at Doc Talks or SIG's 3) Core Specialty Advisors

Clinical: 1) Specialty-specific Advisor 2) Core Specialty Advisor 3) Student Affairs Deans

For help with scheduling of courses: Your Academic Navigator

CAREER ADVISING - HELPFUL RESOURCES FROM THE AAMC

AAMC Careers In Medicine

Career advising at Texas A&M is closely patterned off of the AAMC Careers In Medicine program. The Careers in Medicine (CIM) website should always be one of your first stops for nearly anything related to career and specialty planning. You will need your AAMC ID and password to login. It is accessed at: <http://www.aamc.org/cim> Some of the materials that will be of special interest include:

Understand Yourself | Explore Options | Choose Your Specialty

CIM Assessments – Self Assessments you can take to see what strengths you have to map to certain specialties

Specialty Profiles – What the hours, compensation, and typical activities are for each specialty. Has a very extensive section on scores you need, how many places people apply to in the specialty, etc.

Good single source of weblinks to various specialty websites

Decision-Making Strategies

Database of research opportunities

Preparing for Residency

Tips on applying and the application process

How to write a good personal statement and prepare a c.v. Includes good templates.

Interviewing tips and questions

Match and how it works

Couples matching

Shaping Your Career

- Different kinds of clinical practice (academic medicine, clinical, etc)
- Alternative to clinical practice with an MD degree
- Networking opportunities

Residency Applications: numbers and advice

When you are at the point of asking, “How many programs should I apply to?”, you should get input from your Student Affairs deans and your specialty advisors. They will assess the strength of your application and weigh your specialty interests according to historical parameters (like Step scores) and current metrics based on your academic record.

Residency Explorer

Residency Explorer™ is a free resource run jointly by the AAMC, NRMP and multiple associations that allows applicants to research individual residency programs in 23 specialties and to compare themselves to applicants who previously matched at those programs. Residency Explorer™ offers verified data from reputable organizations as an alternative to crowdsourced resources that may not be reliable or trustworthy. To sign onto Residency Explorer™, use your AAMC login information.

Go to: <https://www.residencyexplorer.org/>

CAREER ADVISING - USEFUL MATERIAL FROM VARIOUS OTHER SOURCES

Various specialty organizations, societies, and other medical schools have an abundance of resources for medical students that can be helpful. Below is a partial list of resources that may be useful to you. Visit the VCOM Career Advising SharePoint site for additions over time.

General FAQ's About Specialties

VCOM – List of FAQ's with answers by our own faculty about their specialty. See VCOM Career Advising SharePoint site at:

<https://tamucs.sharepoint.com/teams/MED-StudentAffairs>

Augusta – The Medical School of Georgia at Augusta has a group of video interviews with program directors at their school answering questions similar to our FAQ's. Each is about 10 minutes long and help give you another perspective. Click on Medical Specialty Videos.

[Medical Specialty Videos \(augusta.edu\)](#) See Career Advising Videos by specialty.

Organization of Program Directors Association (OPDA)

Program Directors of various specialty societies upload a yearly sheet summarizing how things will be handled in their specialty, complete with some recommendations about applying in that specialty. See their website at: <https://cmss.org/program-directors-association-guides-for-residency-applicants>

Some Good Specialty-Specific Resources

In addition to the links below, AAMC Careers in Medicine has society links for each specialty. Sign into Careers in Medicine → Explore Options → Specialty Profiles → (Choose a specialty) → Resource tab

Family Medicine

https://www.aafp.org/dam/AAFP/documents/medical_education_residency/the_match/strolling-match.pdf

Military Match

<https://www.medicineandthemilitary.com/>

<https://www.aamc.org/cim/explore-options/military-medicine>

Radiology

NOTE: This is also an excellent, detailed guide to interviewing in general. I would suggest that ALL read it.

[FINAL. July 2024- AMSER Guide V.13.pdf \(memberclicks.net\)](#)

Texas STAR

Data is collected yearly from medical student by UTSW and made available to student in the following year's class. This is an invaluable resource for finding out things like what Step scores a residency tends to interview then accept. [Texas STAR: Medical School Student Affairs - UT Southwestern, Dallas, TX](#)

Academic Advising & Resources

Who Do I Go to for Help & How to Make an Appointment?

All of the following are appropriate sources for help and all are encouraged to reach out early and as much as is needed.

- *Course instructor or director* – Always best to start with the person who did the teaching if your question is specific to a class. Email the instructor or director directly to ask questions or set up a time to come by. Most welcome drop-ins if they are free at the moment.
- *Academic Support Services* – Our academic support team meets with students about individual study skills, does studying seminars, and can also help in doing post-mortems on a test that did not turn well to help you spot trends. Many students who are not struggling go to see them. The team is happy to meet in person, via phone, or via Zoom or FaceTime. A member of the team is usually physically present on each campus at some point in time and is always available for online meetings. Depending on where you are, the following are who the primary person is that covers each campus:
 - BCS & Hou Willowbrook Kristy Motte, Terri Toler, Yvonne Dang
 - Houston ENMED Erica Chance
 - Dallas Sergio Vaquez
 - Round Rock Georgia Kimmel

Beside the primary coverage above, some of the other team members visit campuses on a routine basis to provide extra coverage. To schedule an appointment, follow the instructions given to you by the team.

- *Academic Navigators* – A group of academic advisors have been added to assist you in scheduling issues and to keep up with your academic progress. Use them to help with routine scheduling tasks, especially as you are adding, changing, and deciding on electives. The current navigators by campus are:
 - BCS Yolanda Bunsie
 - Houston ENMED Liz Stacker & Marshall Miller
 - Houston WB Liz Stacker
 - Dallas Shelby Catala
 - Round Rock Rose Mastrangelo
- *Student Affairs Deans* – The student affairs deans who cover your campus and even the student affairs deans on other campuses are happy to talk with you about any academic issues you are having and can give general guidance and make sure you are connected will all available resources. Schedule an appointment with any of them directly.

USMLE Resources

USMLE prep seminars are held on multiple occasions by Academic Support Services. They will also be happy to meet with you one-on-one to devise an individual study plan, if you would like. For the last several years, 100% of the class has met with a team member to do so. Schedule such a meeting with one of the Academic Support Services staff. VCOM provides a stipend for you to purchase study materials that can be utilized during class and Step prep. Details related to this are provided by Academic Support Services.

Tutoring Resources

Tutoring resources are available on an as needed basis and as tutors are available. While most tutoring requests come during the pre-clinical curriculum, some M3 and M4 tutors are available in the clinical years, as needed. For further information, contact our Academic Support Team and schedule an appointment to discuss your needs.

Reporting Behaviors – The Good & The Bad

Mistreatment Policy

The COM has a mistreatment policy that can be found in the VCOM Student Handbook. A current copy is always uploaded to the Student Affairs SharePoint site, as well as the Current Students section of the VCOM website. The College is very committed to having the best learning environment possible, and as such, will not tolerate mistreatment. At the same time, part of having a good environment is also recognizing those who have exhibited exemplary behavior. All such behaviors can be reported anonymously and go to a committee who screens them and deals with them appropriately. This includes use of the VCOM Cup of Coffee Program for some behaviors, or investigation of behaviors deemed to be mistreatment. More information about the VCOM Learning Environment Awareness System can be found on the COM website at:

<https://medicine.tamu.edu/about/professionalism/learning-environment.html>

Reporting Behaviors – Good & Bad

You are welcome to speak personally with any of the Deans in the Office of Students Affairs or Academic Affairs, as well as any course directors or faculty member if you would like. To make a more formal report, fill out an Aggie Conduct Awareness Form for both Exemplary behavior and Concerning behavior. The form is located at:

<https://medicine.tamu.edu/about/professionalism/conduct-awareness.html#tab-panel-5>

Reports can be turned in confidentially, if desired, and no one, including the reviewing learning environment team, will know who submitted it.

The easiest way to find the reporting webpage for just about anything is to Google “Aggie Awareness” and your top result should be our page.