

00:00 – 4:52

- Introductions
  - Zach Jarou – Immediate past president of EMRA
  - Alicia Kurtz – Recent past president of EMRA
  - Mike Messina – Vice Chair of EMRA's Education Committee

04:55 – 18:10

- What is one thing that really stood out to you during your course with EMRA
  - 5:13 – 8:00 Alicia: She is doing an administrative fellowship, is assistant medical director, involved in medical assisted treatment with opioid use disorders, and many other positions – she genuinely believes that these opportunities came from connections through EMRA which created a network of mentors that would have taken a full career to meet. EMRA helps you be aware of what is going on in your specialty, so it lessens the learning curve of residency.
    - In short: the people and connections
  - 8:04 – 11:40, Mike: Put him in contact with like-minded individuals in a unique specialty that helped him get through the positive and tough days; it helps have an outlet that keeps him excited about work. Helps connect with other people that can assist in troubleshooting problems that are found that other institutions might be experiencing. Gives a chance to know other physicians around the country
    - Sense of community!
  - 11:52 – 15:38, Zach: thinks it allows you to influence the future of this specialty and teaches you to be a better leader. EMRA puts you in a position to be an advocate for physicians in training and their needs. Opportunity to create solutions when you identify a problem.
    - Professional development and networking

18:15 – 40:14

- What are the resources that benefit medical students when they join EMRA? What do they gain as members and should take advantage of?
  - 18:52 – 23:45, Mike:
    - online resources like EMRA Hangouts
    - paper resources
    - welcome guide that gets mailed to you with a bunch of books
    - Antibiotic Guide – right at your fingertips for proper use and doses
    - EM Fundamentals - chief complaint focused book helps you formulate assessment and plan.
    - Website has residency resources and changes as you progress with needs in the career.
    - Medical Student Council – great connection can impact medical student education and other concerns impacting this group, there is mentorship
  - 24:16 – 30:22, Zach:

- Student Advising Guide – what is emergency medicine, should I choose it, how should I plan my schedule, how to be successful in match and many more resources regarding away rotations making a rank list etc.
- Connects you with program director advice instead of just your school counselor advice.
- EMRA Match – all the residency programs in the country and details about them in one place
- Membership benefits from ACEP, national ACEP and local chapter – you can get connected to local mentors
- You can find leadership opportunities and advocacy days
- EMRAP – podcast to stay up to date on the latest literature
- 32:00 - 40:14 Alicia:
  - EMRA is a young organization so is very innovative and not jaded about the way its always been.
  - Structure: Board of Directors (14 residents) – sets the strategic direction of the organization, Full time staff (6 people), Program Representatives - that go to council meetings and vote and hear updates
  - 2 guiding documents that encompasses our policies
    - For Example – support the research of gun violence
    - You can be a policy writer ACEP
  - All EMRA members are members of ACEP
    - ACEP has committees and one resident member can be voted into each of their committees and it's possible to carry that seat moving forward into your career
    - EMRA has multiple committees as well covering social EM, toxicology, subspecialties etc. you can be a passive member of any of these to meet people of the same interest

40:35 – 55:19

- As a medical student what is a way to get involved in EMRA, committee, or MSC?
  - 41:00 – 45:55, Mike:
    - EMIG that is established at your institution, if not already there then start one and EMRA will provide information for how to start that. EMIG should be paired up with and connected through the MSC to EMRA and you can help be the contact with the rep.
    - Find out the states ACEP meetups and chapter leaders.
    - Great way to start even as a first year to get involved at your school level. Plan events and bring speakers from your residency program to come in. Start a SIM day, EM newsletter, etc.
  - 46:36 – 49:00, Zach:
    - listen to EMRA casts
    - write article for EM residents
    - apply for leadership positions (over a hundred positions)
    - join communities for health policy, admin and operations etc.

- EMRA leadership academy – longitudinal curriculum in spring of each year that includes in person team building activities at conference, and each month talk about a different topic. It helps get those leadership skills into the hands of the members, within EMRA/school etc.
- 49:16 – 55:19, Alicia: Agree with Zach that as involved as you want to be you can be – there is a position for you.
  - Resident speaking competition (20 and 6) – talk about whatever you want to talk about – in 6 min. up to 20 slides.
  - Quiz show – apply to be there with your co residents, all you have to do is show up and answer trivia.
  - Apply for travel scholarships!
  - Just show up to EMRA conferences and have fun!

57:10 - 58:40

- When trying to find a good mentor think about how to be a good mentee. What do you need a mentor for? Think about that before signing up for one! Do you need someone to help you get into research or published? Get into residency? Public policy? – You need to respond to emails and follow through as a mentee!