Career Counseling and Resident Wellness

We currently have career counseling as part of our Academic Full Day activities. Two hour sessions are given each academic year.

At our Annual Research Day, the guest speaker also gives a session to the resident.

Every six months, each resident meets with the Program Director individually who provides one-on-one career counseling to the residents.

During their various rotations, the residents discuss career opportunities with the supervising staff members as well. It is now a required checklist in all ITERS.

All postings that we receive regarding fellowships and other positions are forwarded to the residents.

The Chair of the University Department is also available for career counseling. He meets formally with the residents once a year.

As a result of proactive involvement of the program, the residents have since been very successful in securing competitive fellowships and jobs in prestigious institutions both here in Canada and in the United States.

There are annual seminars on health and wellness and stress in residencies which have been instituted by the University of Ottawa, Faculty of Medicine. All residents receive notice of these seminars, are encouraged to attend, and are given time off from their regular duties.

At their interviews with the Program Director, residents are encouraged to mention any problems they are having with their rotations or personal life. This is taken in confidence and is not recorded in the resident’s file. If that resident requires more assistance, this is sought through the Office of Director of Wellness program at the
university for the resident in a confidential manner.

The Anatomical Pathology program also organizes an Annual Resident Retreat and the PGME in collaboration with PARO also organizes retreats for the residents. These are protected time for the residents.

The program also pays for residents to be part of the Anatomical Pathology year end dinner. In addition, residents take part in other celebrations that are offered by the program/department all throughout the year.