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**Background:** Medical student interest groups expose preclinical medical students to a variety of medical specialties prior to the final two years of medical school. The effectiveness in recruitment of these interest groups including Emergency Medicine Interest Groups (EMIG) is unknown.

**Objectives:** Our aim was to better determine the efficacy of the interest group experience in choosing a medical specialty. Additionally we hoped to find out what the students hoped to gain from their involvement in the EMIG.

**Methods:** A convenience sample of medical students was anonymously surveyed in May 2013 from the Brody School of Medicine at East Carolina University.

**Results:** A total of 67 students completed the survey, representing 95.7% of the graduating class. A total of 15 (22%) of the responders stated that they were a member of the EMIG at ECU. Only 3 of these students (4.5%) matched into an EM residency. More students noted that interest groups were “very important” in meeting faculty (62%) as opposed to shadowing (49%), hands on workshops (43%), or lectures (37%). 97% would recommend joining an interest group to incoming first year medical students, although only about half (54%) stated that interest groups had an effect on which residency the student ended up choosing. Of the 29 graduating students that went into primary care specialties (FM, IM, pediatrics, Med-Peds) only 2 were members of EMIG.

**Conclusions:** Graduating medical students overwhelmingly recommend joining interest groups to incoming medical students but are less likely to support that interest groups had an effect on which residency they chose. EMIG specifically may not be an effective way to recruit students to the field of emergency medicine.