

Residency Planning

Class of 2014

Getting Started

- The MS 4 year is stressful in a different way than MS 1-3.
- You are searching for your first job (finally, an income!)
- There are life decisions to make, and the year goes by so quickly (it does, believe us)



What if you're undecided?

- Not too late
- Don't Panic!
- Read Taylor or Iserson
- Try Careers in Medicine
<https://www.aamc.org/students/medstudents/cim/>
- You can apply to more than one specialty
- Speak with Dean Christoforou, Dr. Lucente, Clinical Dean



What if you're undecided?

- Check out subspecialty lists... a general specialty like Internal Medicine may not interest you, but Cardiology might..
- Do electives in fields you are considering
- Read journal articles
- Remember that your choice is long-term - not just the residency

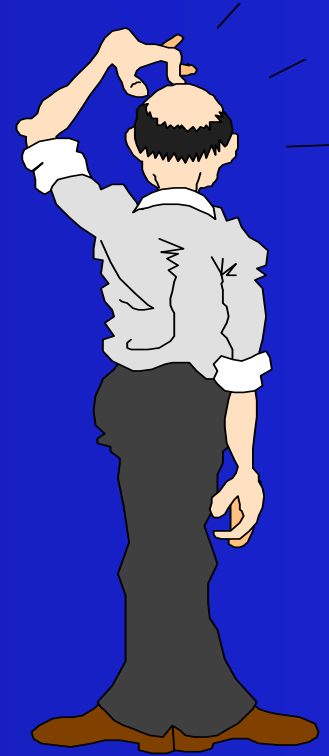
Where are YOU in the decision making process?

- A. Have decided what specialty you will be applying to
- B. Are debating between 2 specialties
- C. Love everything and can't decide
- D. Feeling totally lost

Go see your Clinical Dean, Dean Christoforou, or Dr. Lucente

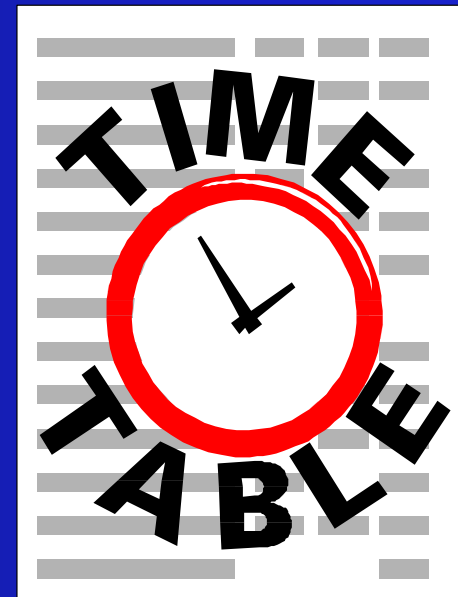
What is a residency application?

- Similar to AMCAS but... you need to convince them you can do the job!
- Be organized
- Application completeness and accuracy counts
- Interviewing skills
- Interaction with program - other than interview day



Timelines

- You should pay close attention to timelines
- Check individual program websites for deadlines.
- Create an excel spreadsheet to track application, interviews, letter requirements etc..
- Use an email address you check regularly



Help is Here

- NRMP website
(www.nrmp.org)
- AAMC On-line Publication:
 - Roadmap to Residency
- ERAS website
www.aamc.org/eras
- Consult with specialty advisor and your clinical assistant dean
- There is useful information at http://sls.downstate.edu/student_affairs/residency/index.html



More Resources

➤ Out of state program advice

- List of Downstate alumni who hold faculty positions at other out of state schools are available on the web.

http://sls.downstate.edu/student_affairs/residency/search.html

➤ A list of **specialty advisors** is on-line.

- You may consult with more than one specialty advisor.

➤ **Mentors** who are not specialty advisors

➤ Residency placement lists

- Check out where our graduates have matched as you decide where to apply (http://sls.downstate.edu/student_affairs/residency/placement.html)

You've made a choice, now what?

- Specific information about residency programs -

AMA-FREIDA online

<http://www.ama-assn.org/ama/pub/education-careers/graduate-medical-education/freida-online.page>

- Check individual program websites
- Think about geographic location
- Talk to faculty and alums



Developing a list of programs

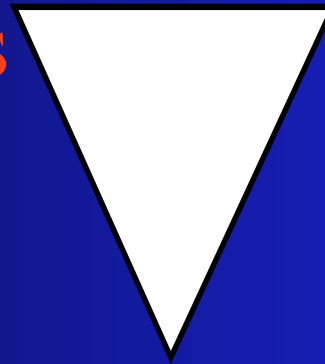
- The inverted triangle approach

- Applications

- Cast wide net

- Interviews

- Rank



Pitfalls & Going “Unmatched”

- Not applying to **enough programs**
- Not applying to a **mix of programs** (high end, middle range, safety)
- Not taking **geographic restrictions** into consideration (e.g. California, Boston, must be in a particular city)
- Focusing on advanced programs and **not enough PGY-1's**
- Applying to a very competitive specialty and **not having a back-up plan.**

Residency Program Selection

- What do I look for in a program?
 - Program Quality
 - Program Size
 - Program type: academic or community
 - Opportunities for teaching and research
 - Educational structure and support systems
 - Fellowship opportunities
 - Morale of Residents
 - Accreditation status

Residency Program Selection

- **Personal Issues**
 - Location
 - Cost of living
 - Proximity to family/support system
 - Housing
 - Spousal/Partner opportunities

Audition Electives

- Some fields recommend one elective at the home school (*for strong dept. letter of recommendation*) plus another at the program you desire the most = away elective (*a letter from away elective can also be used for other places*)
- Audition electives can be a double edged sword - you must work very hard and do a good job. **You can weaken an impression or strengthen a positive one.**

Medical Student Performance Evaluation

- A.K.A. **MSPE** or Dean's Letter - **SENT OCT 1**
 - **evaluative** letter drafted by clinical asst dean
 - summary of your academic performance for yrs 1-3 + evaluations rec'd by early September of your senior yr
 - majority of information is from clerkships
 - includes positive & negative comments
 - you will be able to read a draft of the letter during September, 2013
 - **not critical to include electives - use LORs**

THE APPLICATION



Residency Process

- Two parts of the residency process
 - The **Application** and **The Match**
- THE APPLICATION:
 - Electronic Residency Application Service (**ERAS**) - the application for regular match specialties and Urology (<https://www.aamc.org/students/medstudents/eras/>)
 - Central Application Service (**CAS**) - application process for Ophthalmology (Early Match)

Residency Process

THE MATCH

- The process by which applicants and hospitals rank their preferences and obtain “a match”.
- National Residency Matching Program (NRMP) - the Match process for the “regular match”
- SFMatch - Ophthalmology matching process
- AUA - match process for Urology

Ophthalmology Application & Match

- Registration should be going on now
- www.sfmitch.org
- Download materials for Central Application Service
- Rank lists get submitted to SFMatch
- Ranking and Results in January 2014!

Central Application Service

- Partially on-line, but only one set of materials needs to be sent to CAS
- CAS will distribute your application and supporting documents to your list of programs.
- Check individual program deadlines

Urology Match

- Urology www.aunanet.org
 - Application is done through ERAS
 - Check individual program deadlines
 - Ranking is done on-line through aunanet.org
 - Ranking and results in January 2014!

All Other Specialties

- **Application** is through ERAS - Electronic Residency Application Service.
- The **Match** process is through the National Residency Matching Program.

NRMP

- National Resident Matching Program (NRMP)
 - Most students obtain a residency position through this process
 - It is the mechanism by which you enter the programs (in preference order) you wish to consider for residency.
 - The programs also submit lists of students they wish to have in their programs in rank order.
 - And then A MATCH IS MADE!

NRMP

- **September 2013** - you will need to register online to be in the NRMP www.nrmp.org
- R3 System - Registration, Ranking and Results
- System in which students and hospitals rank their selections.
- **Fee is \$60**
- ALL students applying for residency- including those applying to Early Match specialties - must register.

Other Types of Matches

➤ Other Matches

- Armed Services Residency
- Canadian Match
- Couples Match (part of NRMP)
 - See Christoforou

➤ Outside the Match?

- Not permitted by the NRMP
- Penalties involved
- Check w/ Christoforou

Program Terminology

➤ “C” - Categorical Program

- Program that you go directly into to complete a residency (e.g. Internal Medicine, General Surgery, Pediatrics)

➤ “A” - Advanced Program

- Program that generally requires one general year prior to starting (e.g. Radiology, Dermatology etc.)

➤ “P” - Preliminary Program

- One-year program - generally in preparation for an advanced program; includes Transitional Year

Program Types

- Some specialties have both Categorical and Advanced Programs - be aware of what type you are applying to (e.g. Anesthesiology, Emergency Medicine)
- Meeting in August for students applying to both Advanced and Preliminary programs.



ERAS

ERAS

- **What needs to be in on September 15?**
 - Your MyERAS application – demographics/CV info
 - Your medical school transcript
 - Your NBME transcript
- Letters of Recommendation can come in on a rolling basis, as long as they are in by program deadlines (which vary)
- MyERAS can be transmitted without personal statement ... statement can be sent later. However its best to get it in by September 15th

ERAS

- **Updating parts of ERAS** after it is sent is possible, but you should not transmit the application until you feel it is as complete and accurate as possible.
 - Updating could include - adding the name of a letter writer, change of home or e-mail address etc...
- Keep in mind, in most cases, the application will have been downloaded the first time ERAS is transmitted.

Who is it **best** to get a letter of recommendation from?

- A. Department Chair
- B. Mid-level attending you worked with on a rotation who gave you Honors and can speak to your clinical skills
- C. Resident you worked with
- D. Senior attending who complimented you on an excellent presentation
- E. A world renowned physician who met you on your visiting elective

Letters of Recommendation

- Faculty Letters - Important part of your application
 - Most programs require 3 letters
 - You may want to ask for 4 ... just in case...
 - ask if they can write you a **positive** letter
 - needs to be someone who has worked with you, preferably in the clinical setting
 - letters should be from faculty (not residents)
 - Department Chair's letter

Transcripts

- Target date should be Sept 15th
- Elective & Subinternship grades tend to come in faster than clerkship grades.
- Student may request transcript to be held until a certain grade is in.
- Updated Transcripts can be re-transmitted; we suggest no more than one more time

Transcripts

- Each student must complete a “Request for Residency Transcript” Form in the Registrar’s office at least one week prior to September 15th.
- ERAS - \$5 flat fee each time transcript is requested.
- All fees paid to Bursar - receipt to Registrar.

USMLE Transcript

- Most, if not all, programs wish to see your USMLE scores.
- **ERAS** - You must assign the USMLE transcript to be sent to all programs you wish to send it to.
- Information is transmitted directly from NBME to ERAS post office.
- **\$70 flat fee** each time you order transcript through ERAS.

Curriculum Vitae

- Summary of your academic and professional activities. Helps gather info needed for ERAS.
- Most students construct their own “CV”
- Can be created by ERAS - format a little stiff
- Some faculty writing letters of recommendation may ask you for one.
- May want to send to non-ERAS programs.
- Nice to bring on interviews

Curriculum Vitae

- Primarily medical school activities
- Can include pre-medical (college) research or other experience related to the medical field.
- No need to include every job
- Honors section - do not list courses
- Include e-mail address and contact info
- Christoforou, Lucente or your clinical assistant dean can review your CV
- **Sample** http://sls.downstate.edu/student_affairs/residency/index.html

Personal Statement

- Most time-consuming (some say difficult) part of the application
- Christoforou, Lucente, or your clinical dean can review your personal statement
- Some faculty review personal statements
- Be prepared to write several drafts.
- **No longer** than 1 page, 12 pt font, one inch margins all around.
- **Samples** http://sls.downstate.edu/student_affairs/residency/index.html

Personal Statement

- Personal statement is basically a summary of your reasons for going into the specialty you've chosen.
- Needs to be **interesting** but not “off the wall”
- Needs to be **grammatically correct** - know any English majors?
- Needs to be **upbeat** - remember this is the interviewers' first impression of you.
- Do **NOT** write fiction!

Personal Statement

- Some intros students have used in the past...
 - Patient story (no names.. Mr. C.)
 - Biographical intro
 - Physician role model
 - Personal/Medical experience that influenced them
- You need to promote yourself without sounding full of yourself... can be tricky.
- Avoid controversial topics - could go over really well with some and not at all with others.
Remember your audience.

Honesty is the best policy

- Do NOT “pad” your ERAS application or your CV.
- ERAS Integrity Promotion Program
- Be prepared to talk about any activity you list on your CV, ERAS application or personal statement.
- Have concerns about a question on ERAS/ or Interview? Ask your clinical assistant dean or Christoforou.

POST-APPLICATION



Interviewing

- Interviewing Do's and Don'ts session with Drs. Lucchesi & Macrae in October.
- Careers in Medicine website also has sample interview questions
- Ask PGY-1 residents about the questions they were asked



Interviewing

➤ Scheduling Issues

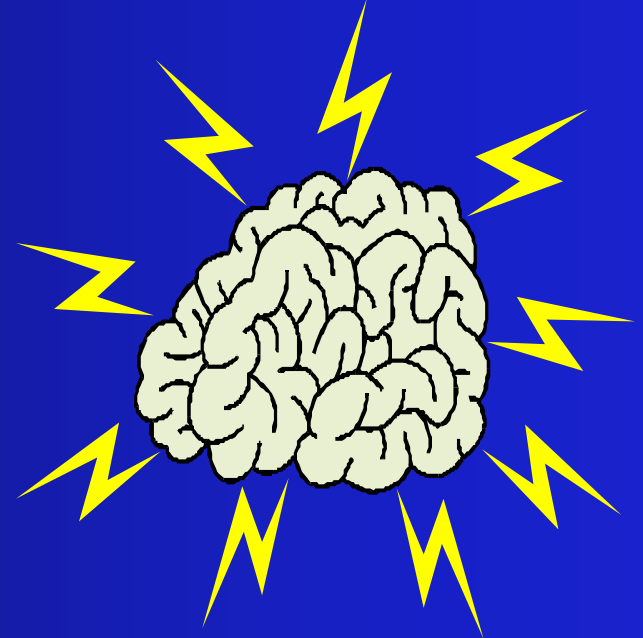
- **Do NOT** assume you will be granted time off for interviews! You must request the time and need to be reasonable. Usually one day off per week for interviewing is permissible.
- Careful with scheduling of Step 2CS!
- **NO** days off during Anesthesia clerkship or Subinternship
- Traveling far away? You may need more than one month for interviewing

NRMP Algorithm

➤ How the match process works....

- NRMP website describes the algorithm is designed to give you the program that you have ranked the highest which also wants you

➤ Meetings in December and January to discuss how to rank programs



Match Day

Friday,
March 21, 2014!!

- Plan to be in the NYC Metropolitan area Monday, March 17 - Friday, March 21

