

Applying for Preliminary Residency Programs

2006

PGY-1 Post-graduate Year 1

Some facts.....

- There has been an increase in the amount of students applying to advanced specialties which in turn has increased the amount of preliminary positions needed. This has made PGY-1 positions harder to get.
- The New York metropolitan area is a very popular place to do residency and may be attractive to come to for one year for students from all over the country.

Application and interviewing phase...

- Do not underestimate how many programs you need to apply to and interview at.
- SCRAMBLING is not a strategy!
- **If you are applying to a competitive specialty, without a categorical program back-up plan, you need to consider what you will do if you do not match.**
 - Will you want to do a preliminary year and then reapply? Have you talked with a specialty advisor to find out the statistics on reapplicants?
 - Sometimes doing research for a year and then reapplying may make you more competitive.
 - If you decide you would want to do a one-year position and then reapply, you need to apply to some solid preliminary programs, preferably a program at a medical school campus. You will be a much stronger candidate coming out of a PGY-1 year let's say from Columbia Presbyterian than you would from a community type hospital.
 - Remember when you are reapplying for a specialty, you will be applying for the following year (July 2009) unless you are able to find a vacant position for July 2008
 - If you are applying to categorical positions (usually as back-up or due to indecision) in the same specialty as your preliminary programs, (i.e. categorical medicine and preliminary medicine) do **not** apply to the same hospital for both.

Ranking PGY-1 positions....

- You are able to enter a separate PGY-1 list for each of your specialty programs.
- The NRMP Match computer program matches you with your advanced specialty program first, and then goes to the PGY-1 list attached to that program to match you for the preliminary year.
- If you do not list any PGY-1 programs at the end of your advanced specialty list, and you do not match in the specialty, you will not match for a PGY-1 position.
- Listing PGY-1 programs at the end of the list and matching is BINDING. You cannot scramble for categorical positions if you are matched to a PGY-1 position.
- You may wish to rank the programs at the end of your primary list differently than the way you rank the preliminary lists attached to your programs. For example: if the purpose of ranking programs at the end of your specialty list is to match to a preliminary spot in the event you do not match to your specialty, you will want your best, most academic preliminary programs at the end of your list. The preliminary list that is used to match you subsequent to being matched to your advanced specialty may be a list that ranks the programs based more on geography or other factors.
- SCRAMBLING IS NOT A STRATEGY – worth repeating!