Residency Planning

Class of 2014
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](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](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
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
• Personal Issues
  • Location
  • Cost of living
  • Proximity to family/support system
  • Housing
  • Spousal/Partner opportunities
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.
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)
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
- Registration should be going on now
- [www.sfmatch.org](http://www.sfmatch.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

- Application is done through ERAS
- Check individual program deadlines
- Ranking is done on-line through auanet.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.
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](http://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
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
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.
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.
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](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](http://sls.downstate.edu/student_affairs/residency/index.html)
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 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
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

Celebrate!