

Residency Planning

Class of 2010

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?

- It's not too late to make a career choice if it's right for you, but don't select a field out of panic
- Read Taylor or Iseron
- **Careers in Medicine** is an on-line career development program for choosing a specialty & applying to residency programs



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
- You can apply to more than one field

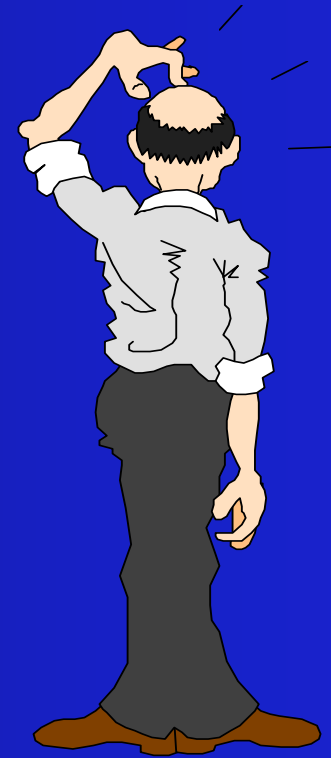
Clicker Q: Where are YOU in the decision making process?

- 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 or Christoforou or Terracina

What is a residency application?

- First and foremost -- you are applying for a job
- Being organized counts
- Application completeness and accuracy counts
- How you come across in the interview counts
- How you treat support staff counts



Timelines

- You should pay close attention to timelines, deadlines and staying organized.
- See the timeline on-line and on the NRMP website. Make sure you are very familiar with them.
- Check individual program websites for deadlines.



Help is Here

- NRMP website
(www.nrmp.org) has lots of information
- AAMC On-line Publication: Roadmap to Residency
- ERAS website
www.aamc.org/eras
- Consult with your specialty advisor and clinical assistant dean



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.
- 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 for last 14 years are on the web. Lists with specific names of graduates are available for viewing in the Office of the Registrar at the front desk.

You've made a choice, now what?

- Specific information about residency programs - [AMA-FREIDA](#) online
- Check individual program websites
- Think about geographic location
- Talk to faculty and alums

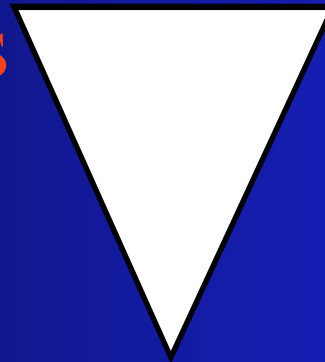


Clicker Q: If you had to decide today, what specialty would you choose?

- A. Anesthesiology, Emergency Medicine, OB/GYN
- B. Dermatology, Ophthalmology, Radiology, Radiation Oncology
- C. Family Medicine, Pediatrics, Medicine
- D. Surgery, Orthopaedics, Otolaryngology, Urology
- E. Neurology, Psychiatry, Phys Med & Rehab

Developing a list of programs

- The inverted triangle approach
 - Applications
 - Interviews
 - Rank
- Make a chart of the programs you are applying to, deadlines, interview season, impressions, etc.



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)
- Only applying to PGY-2 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

Internet Access and Checking E-mail

- The ERAS website will tell you the computer specifications
- **CHECK YOUR E-MAIL REGULARLY AND EMPTY YOUR INBOX**
- Junk Mail folder on the Hotmail accts may cause problems



Data on Competitiveness

- NRMP Tables on NRMP website
- Data for the Ophthalmology match on www.sfmatch.org website and Urology www.auanet.org
- Careful about data on “unofficial websites” - can sometimes be misleading.



Audition Electives

- Some fields recommend one elective at the home school (for stronger 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.

Clicker Q: How many away electives will you be taking?

A. 0

B. 1

C. 2

D. More than 2

Medical Student Performance Evaluation

- A.K.A. **MSPE** or Dean's Letter - **SENT NOV 1**
 - **evaluative** letter drafted by clinical asst dean
 - summary of your academic performance for yrs 1-3 + evaluations rec'd by early October 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 October, 2009
 - **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
 - **Central Application Service (CAS)** - application process for Early Match
 - (Pediatric Neurology and Ophthalmology)

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 - early specialty matching process
- AUA - match process for Urology

Early Match Application & Match

- Registration should be going on now
- Ophthalmology, **Pediatric Neurology**
www.sfmatch.org
- Download materials for **Central Application Service**
- Rank lists get submitted to SFMatch
- Ranking and Results in January 2010!

Central Application Service



- Not 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.
 - Ranking and results in January 2010!

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 rank 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

- **August 2009** - you will need to register on-line 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 \$55**
- 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 or Terracina

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



- On-line application - MyERAS
- Student creates application and selects programs
- Medical school transmits MSPE, letters of recommendation, transcript, photo (provided by applicant)
- National Board transmits USMLE transcript
- MyERAS transmits application and all supporting documents to all programs participating in ERAS that student selects

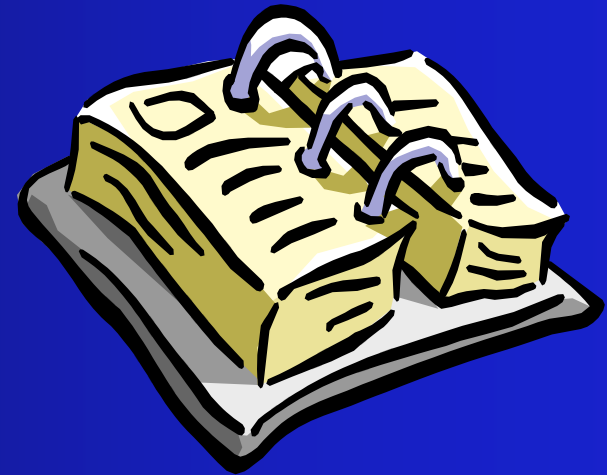
ERAS



- Early July - Each student will be issued a “token” or password to access MyERAS. Look for notice on E-mail.
- MyERAS available July 1st
- Residency Programs access on September 1
- Concerns or confusion about how to answer certain questions - e-mail Christoforou.

ERAS

- Get YOUR part of the application in - **the earlier the better** - aim for Sept 10th
- **No later than Sept 15**
- More flexibility with interview schedule
- Supporting documents (i.e. LORs) - see individual program deadlines
- Most regular match program deadlines are in Nov or Dec



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, AOA election, 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.
- MyERAS can be transmitted without personal statement ... statement can be sent later.

ERAS



- You **must** select programs you've chosen to apply to in order for the application to be transmitted!
- Transcript and MSPE go to every program
- All other documents must be assigned to each program
- Could assign different LORs or personal statements to different programs
 - max 4 letters to an individual program

Tracking your application

- **ADTS - Applicant Document Tracking System**
- See what letters of recommendation have come in (only if you have assigned the letter to programs)
- Was your transcript scanned?
- Did the program download your application?
- Were your board scores downloaded?



Non-ERAS Programs



- Very few programs at this point are Non-ERAS
- You can tell on MyERAS when selecting programs if they are Non-ERAS
- Most of the application is done through snail-mail.



Clicker Q: 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 renown 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)
 - **ERAS cover sheets**
 - letters should be transmitted in ERAS by program deadline.
 - Department Chair's letter

Transcripts



- All grades that have been received by the Office of the Registrar will be posted on the transcript and sent on date requested by student – 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

Transcripts



- Each student must complete a “Request for Residency Transcript” Form in Registrar at least one week prior to their requested send date.
- ERAS - \$5 flat fee each time transcript is requested.
- Non-ERAS - \$5 per transcript - program address labels needed.
- 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.
- **\$60 flat fee** each time you order transcript through ERAS.

USMLE Transcript

- **Non-ERAS** - You need to mail in your request to the NBME and give enough turn around time (usually 10 days)
 - Includes Ophthalmology and Pediatric Neurology
- **\$60 for up to 5 transcripts** when requested at one time. Each additional score report is \$5.
- Address on www.usmle.org

USMLE Transcript

➤ STEP 2

- If you plan on taking it in July or August - you should register NOW - if you have not already done so.
- If you take Step 2 three weeks before you send your ERAS application or earlier, the Step 2 score will automatically be on your transcript along with your Step 1 score.
- If you take Step 2 after this time, there is a way on ERAS to indicate you do not want Step 2 automatically sent to your programs when the score is recorded.

Step 2 CK Timing



- Screening part of the application process - Take **Step 2 prior to August 15** and send ERAS approximately September 15th.
- Ranking part of the process - Step 2 should be taken by **December 31st**.
- Step 2 grades usually get posted to NBME transcript app. 3 weeks after the exam.

Clicker Q: When are you taking Step 2 CK?

- A. On or before August 15th
- B. August 16 – September 30th
- C. October or November
- D. December or January
- E. Haven't Decided

When are you taking Step 2 CS?

- A. July or August
- B. September or October
- C. November or December
- D. January
- E. Haven't Registered or Decided

YOU NEED TO DO SO ASAP !!

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
- Personal CV cannot be transmitted through ERAS
- 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 OR Terracina can review your CV (but NOT both!)

Personal Statement

- Most time-consuming (some say difficult) part of the application
- Christoforou OR Terracina can review your personal statement (but **NOT** both!)
- Some faculty review personal statements
- Be prepared to write several drafts.
- **No longer** than 1 page, 12 pt font, one inch margins all around.

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.

Clicker Q: Which Pers Statement intro appeals to you the most?

- A. Patient story (no names.. Mr. C.)
- B. Biographical intro
- C. Physician role model
- D. Personal/Medical experience that influenced you

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.
- If you have any concerns about how you will answer a question on ERAS/ or Interview interview, ask your clinical assistant dean, Christoforou or Terracina for assistance so that you can be prepared.

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

Clicker Q: Where would you like to interview?

- A. Tri-State area only
- B. Tri-State and Northeast
- C. Tri-State and West
- D. Tri-State and Midwest or South
- E. **Manhattan Only**

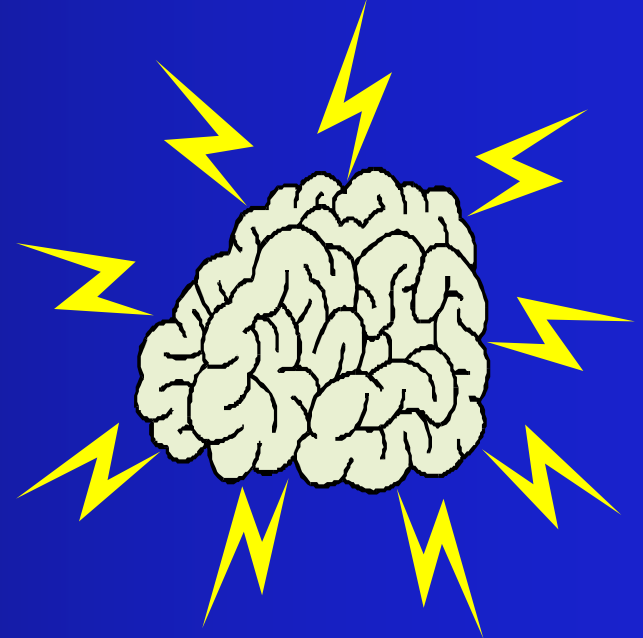
Need to expand your list!!

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

Thursday,
March 18, 2010!!

- Plan to be in the NYC Metropolitan area Monday, March 15 - Thursday, March 18



Help

- Your clinical assistant dean
- Specialty advisor
- The dept. chair
- Email Christoforou, Terracina or Shonbrun for assistance.

