Residency Planning

Class of 2009
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 Iserson
- **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
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
Help is Here

- NRMP website (www.nrmp.org) has lots of information
- AAMC On-line Publication: *Roadmap to Residency*
- 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 10 years are on the web. Lists with specific names of graduates are on reserve in the library and available for viewing in the Office of the Registrar 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
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.
- 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

- **Program Issues**
  - 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.
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.
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.
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, 2008
  - not critical to include electives - use LORs
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
- San Francisco Match will send you materials for Central Application Service
- Rank lists get submitted to SFMatch
- Ranking and Results in January!
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.auanet.org](http://www.auanet.org)
  - Application is done through ERAS
  - Check individual program deadlines
  - Ranking is done on-line through auanet.
  - Ranking and results in January 2009!
All Other Specialties

- Application is through ERAS - Electronic Residency Application Service.

- The Match process is through the National Residency Matching Program.
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. And then, a MATCH IS MADE!
August 2008 - you will need to register on-line 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 $40
- 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
“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.
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
Mid July - Each student will be issued a “token” or password to access MyERAS. Look for notice on E-mail.

MyERAS available July 15th

Residency Programs access on September 1

Concerns or confusion about how to answer certain questions - e-mail Christoforou.
Get YOUR part of the application in - the earlier the better - aim for Sept 15th

No later than Oct 1

More flexibility with interview schedule

Supporting documents (i.e. LORs) - see individual program deadlines

Most regular match program deadlines are in Nov or Dec
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.
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?
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.
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.
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.

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.
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.
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.
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
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.
Screening part of the application process - Take Step 2 prior to Sept 1 and send ERAS approximately October 1.

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.

Step 2 Clinical Skills - Philadelphia spots getting booked! Register NOW!
  • Impact on residency decisions unknown at this point
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
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
- Guidelines on-line in the Residency Application Guidelines
- 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 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.
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 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 (Early Match) and January (NRMP) to discuss how to rank programs
Match Day

Thursday, March 19, 2009!!

- Plan to be in the NYC Metropolitan area
  Monday, March 16 - Thursday, March 19

Celebrate!
Help

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