So now you want to be a resident....

Presenting....the dirty details of your ERAS application, interviewing, etc, etc, etc..
Getting started...see previous talk

- Specialty Choice
- Away Rotations
  - Program websites
  - VSAS
    - http://www.aamc.org/programs/vsas/students/start.htm
- Sub-Internships
- Mentors
- Letters of Recommendation Writers
- Personal Statement/CV
A brief bit of residency lingo

- **Categorical**: Resident enters a program with the objective to complete the entire program
  - E.g. General Surgery, Emergency Medicine, ObGyn, Peds, Family

- **Advanced**: A specialty that requires a preliminary or transitional year.

- **Preliminary**: Positions for residents who been accepted into another specialty, but who are completing pre-requisites for that specialty (Advanced positions); or for residents who fail to match into categorical/advanced spots
  - E.g. Dermatology, anesthesiology, radiology

- **Transitional**: 1\textsuperscript{st} year of residency designed to provide a program of multiple clinical disciplines including family, peds, etc.

- **Fellow**: Post residency sub-specialty training
ERAS = Residency AMCAS

- Electronic Residency Application Service
  - http://www.aamc.org/students/eras/start.htm
  - Karen Bledsoe will give you your login “Token”

- Electronic Form that is basically your med school CV

- Select Schools, track documents, and receive interview notifications

NRMP

- National Resident Matching Program
- BINDING commitment (for 1 year)
- Applicant’s / Program Rank lists compared via computer algorithm that favors the student
- Applicant Registration Fee: $50 by December 2011
- In Summary: ERAS is used for applying, setting up interviews with and communicating with programs, NRMP is a separate website that is used for ranking and matching.
  - You MUST register for both!
ERAS/NRMP Timelines

- **July 1st**: ERAS Application website opens. Start entering profile information, picture, transcripts

- **September 1st**: First day you can certify your application.

- **November 1st**: Dean’s Letters are automatically released (May be earlier for your class)

- Late October – early February: Interviews, specialty dependent

- NRMP:
  - January/February – Programs submit their rank lists
  - Mid/late February – Your rank list(s) due
  - Mid March – Match Day
A Digression – The SF Match

- The “Early Match” [http://www.sfmatch.org](http://www.sfmatch.org)

- 3 Specialties Participate via SF Match
  - Ophthalmology
  - Pediatric Neurology
  - Some categorical Plastics (many are ERAS/NRMP)

- NOT electronic service

- Centralized Application Service (CAS)

- Is the combined ERAS/NRMP equivalent for these specialties

- Still must apply for PGY-1 via ERAS/NRMP (prelim or transitional)

- See website for EARLY timeline details and additional info
Another Digression- Urology

- American Urological Association Match
  - [http://www.auanet.org/content/residency/residency-match.cfm](http://www.auanet.org/content/residency/residency-match.cfm)

- Applicants apply for interviews via ERAS

- Similar to service provided by NRMP
  - Some programs require NRMP for PGY-1 Surgery

- See website for timeline details and information

- **EARLIER** than standard ERAS/NRMP
The Military Match

- Early match for individuals in the military
- Contact administration about who has matched in the military match in the past.
Back to ERAS

- Transcripts (medical school)
- Board Scores (step 1 and 2)
- Letters of Recommendation (4 is a good number)
- Personal Statement
- Your “CV”
- Dean’s Letter MSPE (Dr. Veitia!)
Ideal Candidate (according to RDs)

- No one is perfect, so be yourself.
- RDs go through hundreds of apps – *insincerity can be spotted a mile away!*
- NRMP Program Director Survey
- Step Scores: Predict performance on Specialty Board Exam, are used as screening tool for more competitive specialties

- Characteristics of Good Candidates
  - Knowledge
  - Teamwork
  - Strong Motivation
  - Working at intern level
  - Genuine Interest
  - Patient advocacy
  - Great communication skills
  - Owning Problems
  - Integrity
  - Honesty
  - No Personality Issues (recall that psych rotation...
Letters of Recommendation

- **IDEAL:**
  - Personal letters that exude what RDs want to see
  - People with contacts in your field or at your program of choice

- **How to do it:**
  - Early ASK NOW! (aka now if you’ve spent a lot of time with someone)
  - Ask “if they can write a great letter” or if they have “time to write a letter”

- **Who:**
  - Department chair in field of interest
  - Physician who knows you well from any field
  - NOT the time for personal letters from pastors, coaches, etc
  - If you do an away and do well, DEFINITELY have a letter from there
Personal Statement

- Have faculty member who reads personal statements as part of a residency committee read your final draft
- Dr. Veitia will discuss these more in detail in July.
- Start brainstorming ideas now.
- Examples of what to do and not to do are on the Student Affairs website.
**PS: Some Dos & Don’ts**

- **Do’s**
  - Be honest & genuine
  - Present yourself as a mature professional
  - Make it easy to read (excellent flow, flawless grammar & punctuation)
  - Convey:
    - What makes you unique (makes you stand out)
    - What makes you a good fit for the specialty
    - Both what motivates you, and your future goals
    - If necessary, discuss negatives that can be positively explained

- **Don’ts**
  - Don’t rehash your curriculum vita
  - Don’t use quotes (cheesy!)
  - Don’t waste space (i.e. Why I wanted to become a Dr, I want to help people, blah, blah)
  - Don’t use clichés
  - Don’t get “too” creative (all caps, ee cumings style, etc)
Curriculum Vitae

- **HARD COPY**
  - Letter writers
  - Dr. Veitia for dean’s letter

- **ERAS CV**
  - Electronic, fill-in the blank form

- Exhaustive description of everything you’ve been a part of:
  - Work (paid)
  - Volunteer/Community service
  - Research
  - Publications/Presentations
  - Honors & Hobbies
  - Etc

- **CHECK YOUR SPELLING**
Be aware of BAD advice! Everyone’s different!

Talk with program directors here...they read 100’s of applications every season

Use people who went to the school/programs of your interest!
- Talk with FACULTY
- Talk with MS-4s

Rule of Thumb: You do not want your personal statement or interview attire to “stand out” too much....

You want the *total package* to “stand out.”

You WILL be searched by google, MySpace, facebook, blogspot, etc. Clean it & make it private
- Don’t give anyone anything other than your app & interview to judge you
Where/How Many to Apply???

- There are no “US News” reports of top residency programs
- Programs are viewed on relatively arbitrary tiers depending on faculty, reputation, age of program, etc.
  - “Top” programs in your field may not be where you expect
  - Talk to your mentors (including 4th years!), FREIDA, faculty
  - Apply based on your qualification (see NRMP report again!)
  - Apply to a range of programs
- Consider applying to a “backup” field
  - Especially for highly competitive fields
  - Can be double the work (two statements, many letters, etc)
- Use ERAS Program List (includes program website links)
  - [https://services.aamc.org/eras/erasstats/par/index.cfm](https://services.aamc.org/eras/erasstats/par/index.cfm)
- Consideration of places to apply: Geography, Family, career choices, etc...
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<td>1. Mean number of contiguous ranks</td>
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<td>2. Mean number of distinct specialties ranked</td>
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<td>4. Mean USMLE Step 2 score</td>
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<td>5. Mean number of research experiences</td>
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<td>6. Mean number of abstracts, presentations, and publications</td>
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<td>7. Mean number of work experiences</td>
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<td>8. Mean number of volunteer experiences</td>
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<td>9. Percentage who are AOA members</td>
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<td>10. Percentage who graduated from one of the 40 U.S. medical schools</td>
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<td>with the highest NIH funding</td>
<td></td>
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<tr>
<td>11. Percentage who have Ph.D. degree</td>
<td>1.6</td>
</tr>
<tr>
<td>12. Percentage who have another graduate degree</td>
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Interviews!!

- Significantly better Interviewee with experience
  - Schedule your dream schools after a “trial run” but not totally at the end (FATIGUE!) if possible

- Available interview dates
  - Depend on when you receive interview offer
  - Depend on competitiveness of programs (don’t freak out!)

- Try to allow at least one day off in-between...most interviews have social night before/after – VERY IMPORTANT!!

- Respond to interview offers IMMEDIATELY
  - Competitive fields are first come first serve for spots
  - Can always cancel
  - If don’t have one already, GET A SMART PHONE!!

- Re-schedule/ Cancel
  - Goal: Notify at least 1 wk prior unless weather is an issue.
Interview Attire

- GENERAL RULE: Business suit
- Have a spare suit if you are doing multiple interviews in a row.
- Females always bring an extra pair of hose.
- Carry a nice pen, do NOT use a drug pen or another institution's pen unless it is MUSOM.
- Try to look like your photo on your application! If your look has changed, take a photo with you.
Post Interview

- Take brief notes about each program immediately
- Try to Rank programs as you go – go with GUT- be aware of external pressures when ranking.
- Send Thank You Note/Email within a few days
- 2nd look Interview – you schedule with program personally
  - Allows you to further narrow down your top 3
  - Common among certain specialties
The Rank List

- National Resident Match Program (NRMP)
  - By December: Register on-site
  - January/February: Certify Your List—Confirmation Email

- SF Match – PDF form fill in, submit electronically
  - Confirmation Email

- Try to rank at least the “magic number” for your specialty
  - Definitely anywhere you’d be willing to go
  - NOT anywhere you wouldn’t be willing to go

- Do NOT Rank a program highly because they told you they would rank you High!
  - This WILL happen. Emotional Manipulation!
  - It is to the PROGRAM’s advantage to get you to move them up your list but not yours!
NRMP: middle to late March
- Monday: “IF” Match announced via email
  - Do find out prelim/transitional/categorical status
- Tuesday: List of un-filled programs posted
  - Noon….scramble…details on ERAS site
- Thursday: “Where” announced at noon at Match Day ceremony
- SF/AUA Match: Occurs in middle of January
- Disclosed to you & program on same date
Off you go...

?s and Small Groups!

GOOD LUCK!!