

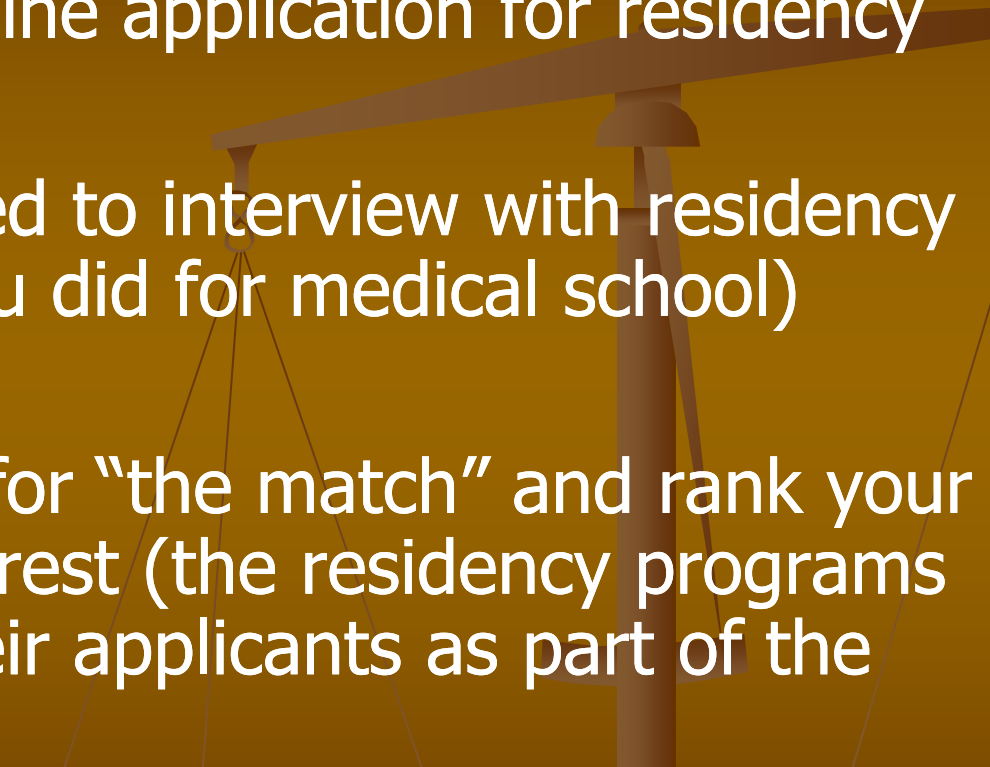
Applying to Residency



Brett White, MD
Faculty

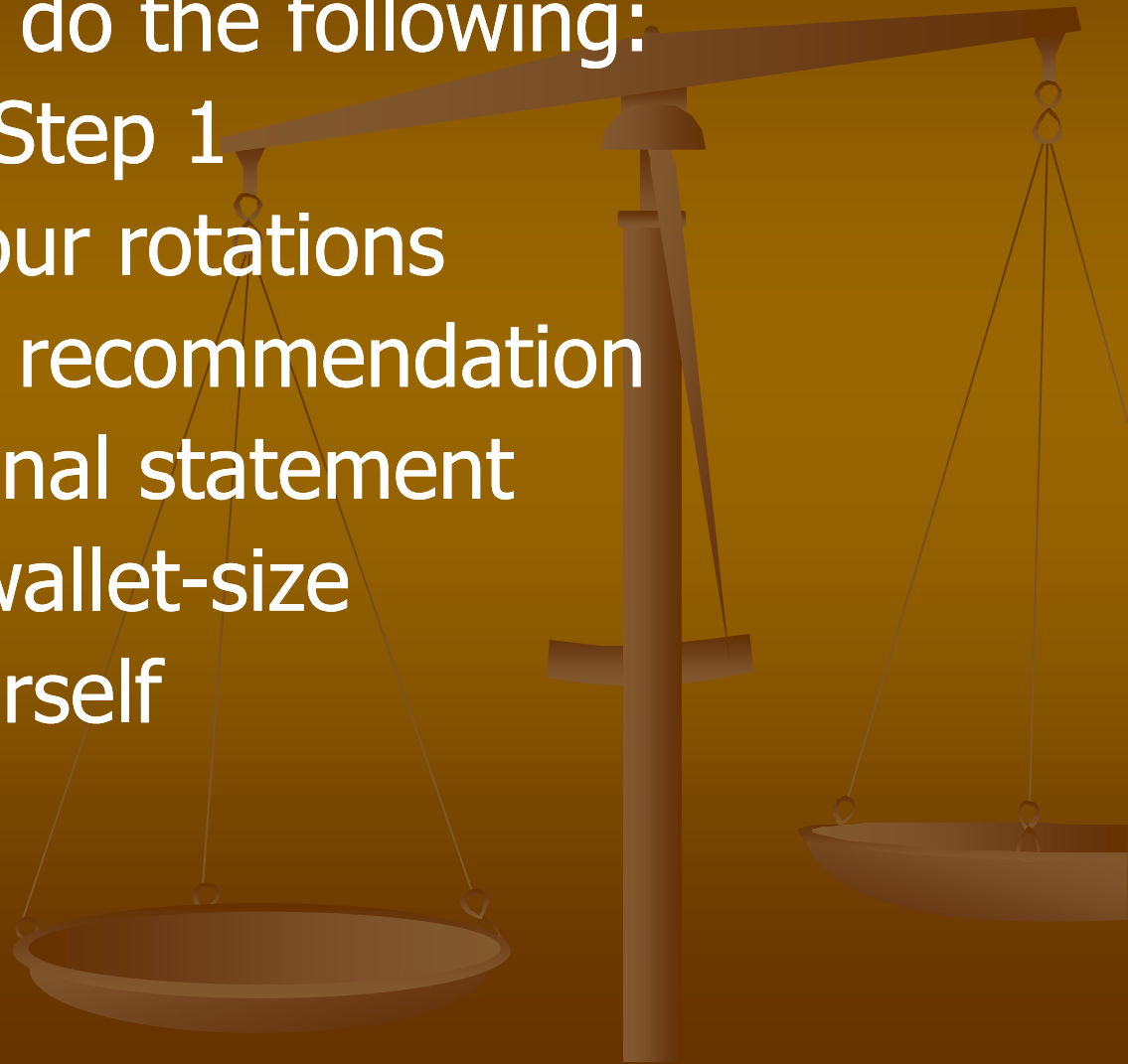
Oregon Health & Science University

The Basics

- 1) An electronic/online application for residency
 - 2) You will be invited to interview with residency programs (as you did for medical school)
 - 3) You must apply for “the match” and rank your programs of interest (the residency programs will also rank their applicants as part of the match process)
- 

More Basics

- You should also do the following:
 - 1) pass USMLE Step 1
 - 2) do well on your rotations
 - 3) get letters of recommendation
 - 4) write a personal statement
 - 5) take a neat wallet-size photo of yourself



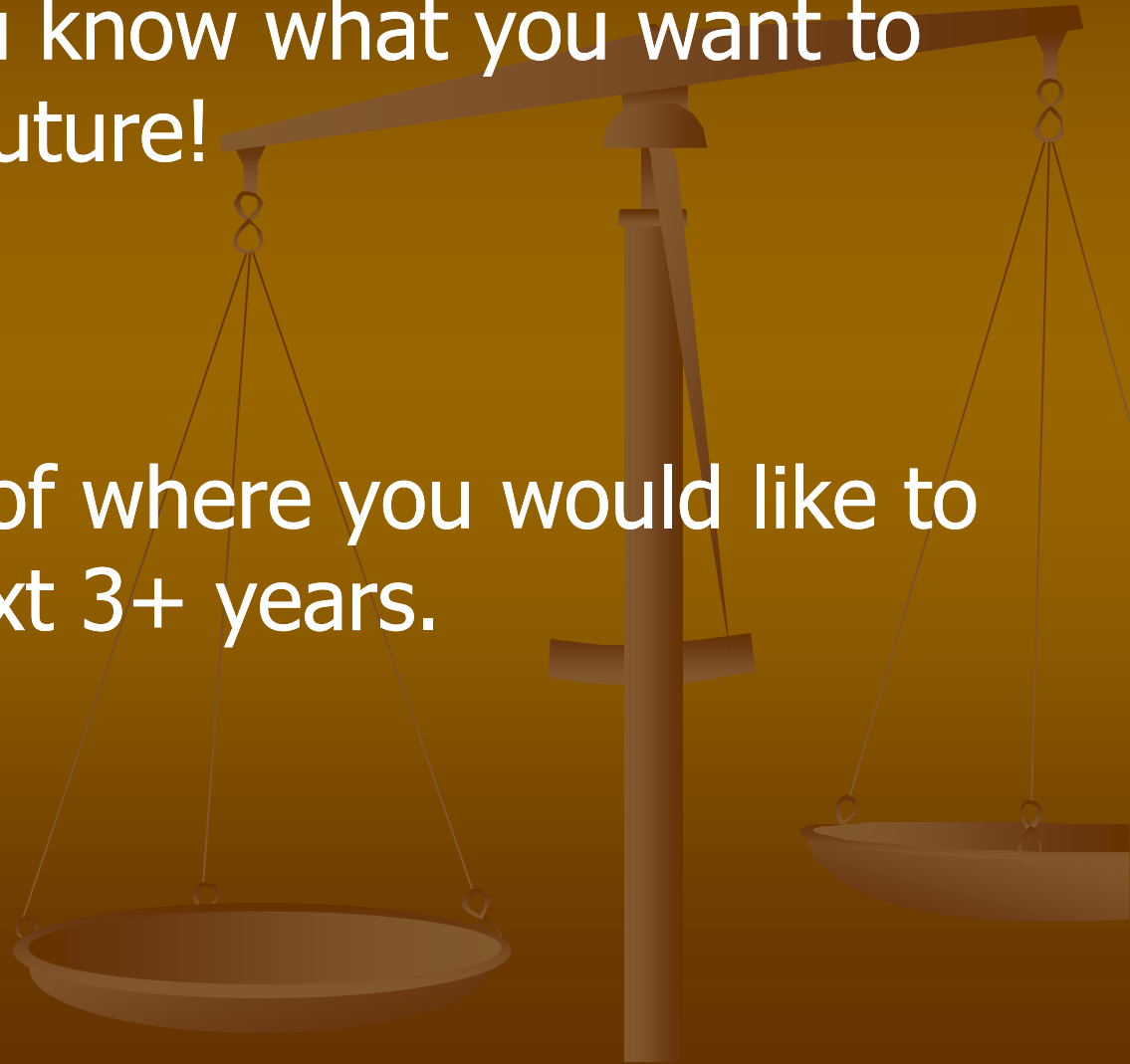
The Details



- 1) Register online at MyERAS (the Electronic Residency Application Service)
- 2) Register for the match (NRMP- the National Residency Matching Program)
- 3) Create personal statements, create a list of recommendation writers, and authorize transmission of your USMLE transcripts
- 4) Obtain documents and send them to the designated Dean's Office to be scanned and uploaded
- 5) Search/Select programs of interest
- 6) Attend interviews
- 7) Assign specific documents to programs of interest
- 8) Certify and submit your application- then apply and pay for program submissions
- 9) Enter rank order list for the match
- 10) Wait for match day!

Before we get too far...

- 1) Make sure you know what you want to do with your future!
- 2) Have an idea of where you would like to live for the next 3+ years.



Back to the details!



What is ERAS?

- ERAS (Electronic Residency Application Service) is a service that transmits letters of recommendations, MSPE's/Dean's Letters, medical school transcripts, USMLE transcripts and other supporting credentials from you and your designated Dean's Office to Residency program directors using the Internet

Components of ERAS

- ERAS is comprised of four main components:

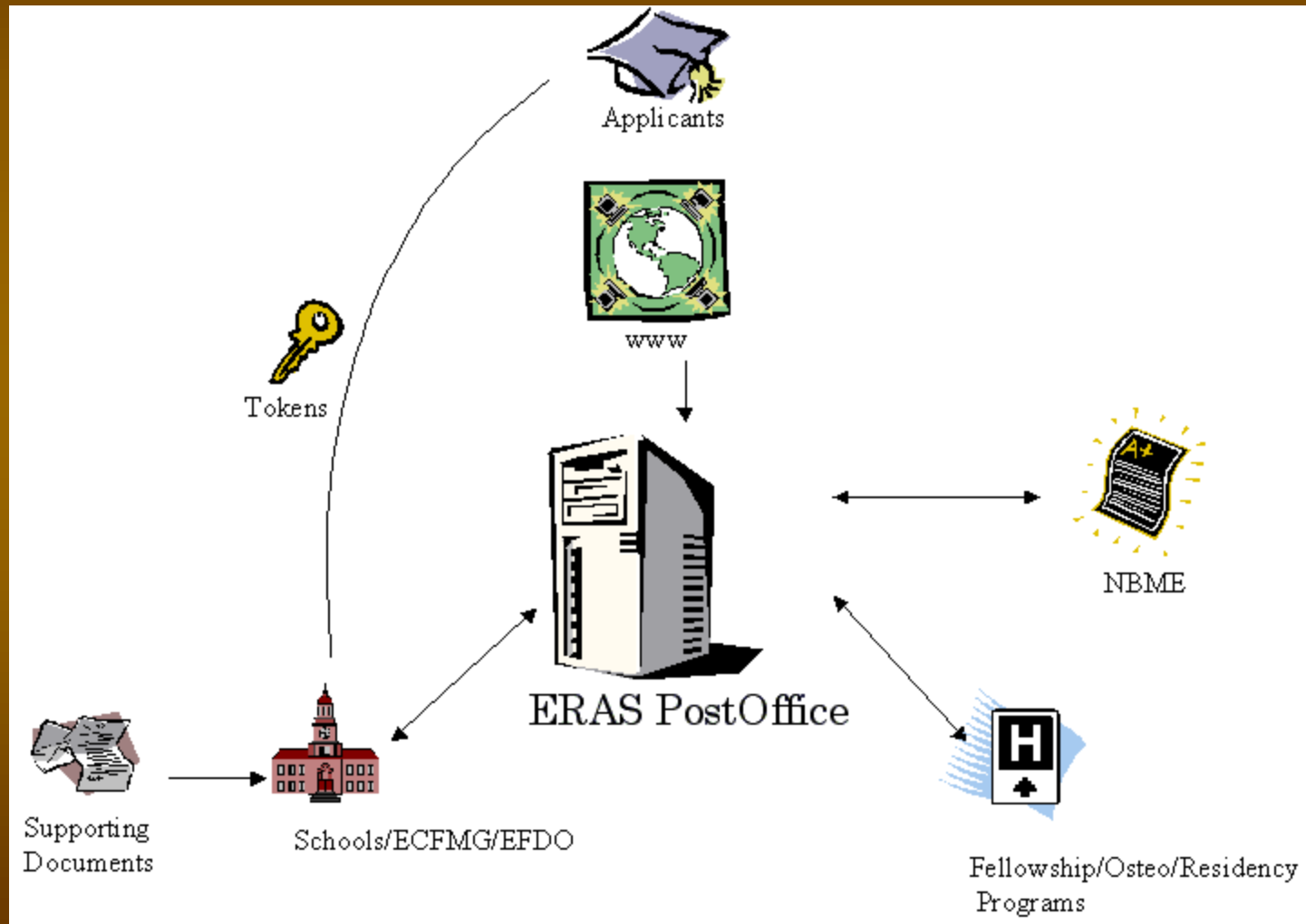
1) The MyERAS Web site. This is where you complete your application and personal statement, select programs to apply to, and assign documents to be received by those programs.

2) The Dean's Office Workstation (DWS). This is ERAS software used by staff at your designated Dean's Office. From this software they create the ERAS Token that applicants use to access MyERAS. They also use this system to scan and attach supporting documents to your application, such as photograph, medical school transcript, dean's letter, and letters of recommendation.

3) Program Director's Workstation (PDWS). This is ERAS software used by program staff to receive, sort, review, evaluate, and rank applications.

4) The ERAS PostOffice. This is a central bank of computers which transfers the applications. You can monitor the activity of your files on the ERAS PostOffice on the Applicant Data Tracking System (ADTS).

Components of ERAS



How does ERAS work?

- **Applicants receive an electronic Token from their assigned Dean's office, and use it to access the MyERAS Web site.**
- **Applicants complete their ERAS application, select programs, assign supporting documents, and transmit their application to programs.**
- **Schools receive notification of completed application, and start transmitting supporting documents: transcripts, letters of recommendation, photos, MSPE/Dean's Letters.**
- **Examining boards receive and process requests for score reports.**
- **Programs contact the ERAS PostOffice on a daily basis to download application materials.**

ERAS 2010 Applicant Timeline

Date	Activity
Mid-late June 2009	MyERAS User Guide available in PDF (download by chapter or in its entirety on our Web site). Schools may begin to generate and distribute MyERAS tokens to applicants.
July 1, 2009	MyERAS Web site opens to applicants to begin working on their applications. ERAS Support Services at ECFMG will begin generating and distributing tokens to IMGs. Osteopathic applicants may begin selecting and applying to osteopathic training programs only .
July 15, 2009	Osteopathic training programs may begin contacting the ERAS PostOffice to download application files.
September 1, 2009	Applicants may begin applying to ACGME accredited programs. ACGME accredited programs may begin contacting the ERAS PostOffice to download application files.
October 15, 2009	MSPEs are released to AOA accredited programs.*
November 1, 2009	MSPEs are released to ACGME accredited programs.*
December 2009	Military Match
January 2010	Urology Match
February 2010	Osteopathic Match
March 2010	NRMP Match results will be available.

ERAS 2010 Application Fee

Number of Programs Per Specialty

AAMC Fees

Up to 10

\$65

11-20

\$8 each

21-30

\$15 each

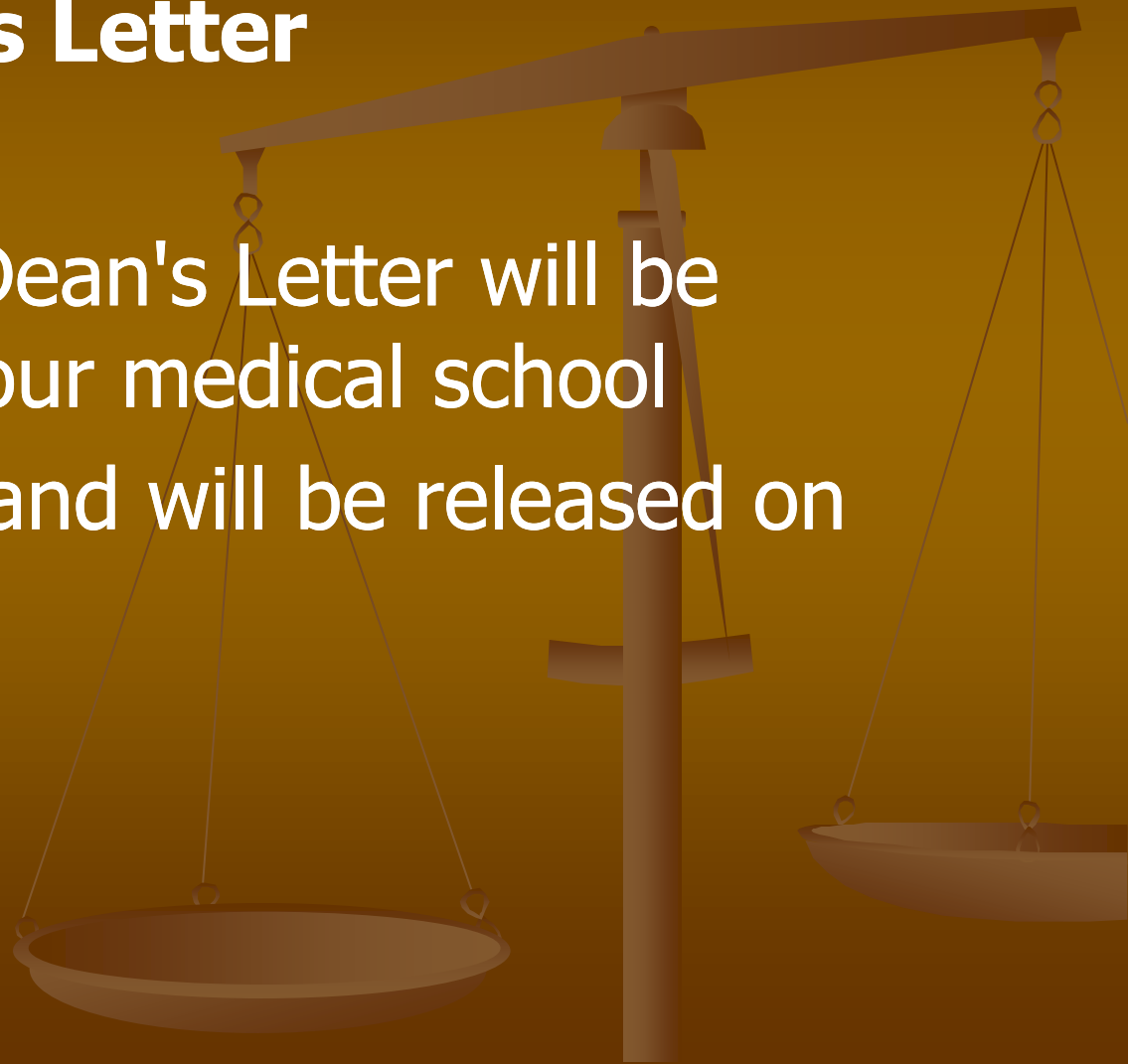
31 or more

\$25 each

Documents you will need for ERAS

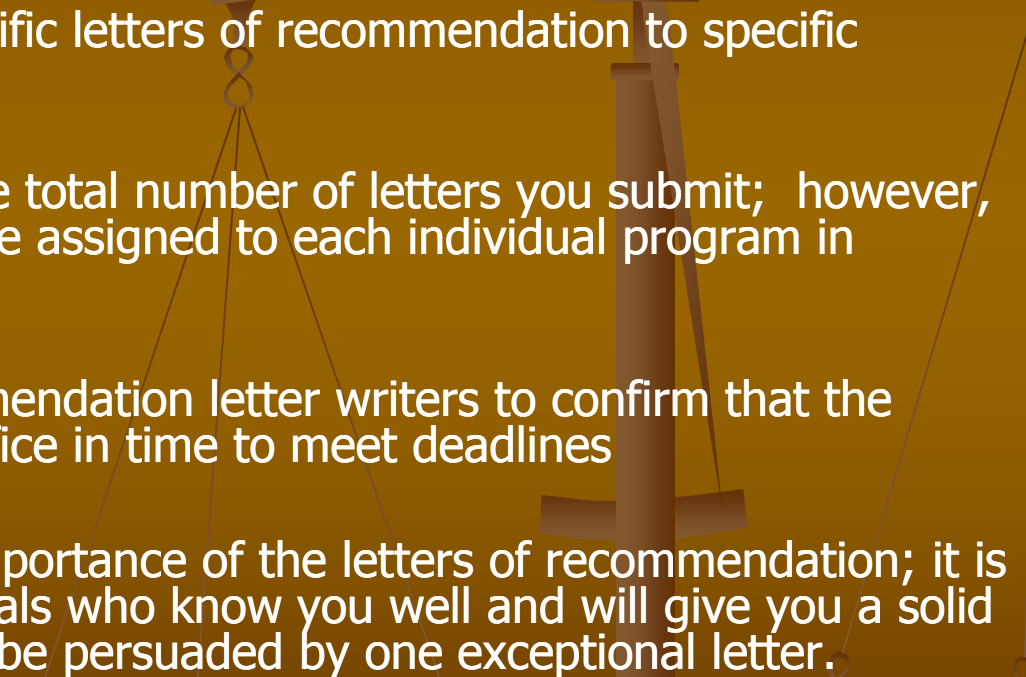
1) MSPE/Dean's Letter

-Your MSPE /Dean's Letter will be provided by your medical school Dean's Office and will be released on November 1st



Documents you will need for ERAS

2) Letters of Recommendation

- It is possible to submit specific letters of recommendation to specific programs
 - There is no limitation to the total number of letters you submit; however, no more than 4 letters can be assigned to each individual program in MyERAS
 - Follow up with your recommendation letter writers to confirm that the letters reach your Dean's Office in time to meet deadlines
 - Don't underestimate the importance of the letters of recommendation; it is important to choose individuals who know you well and will give you a solid evaluation. A program may be persuaded by one exceptional letter.
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Documents you will need for ERAS

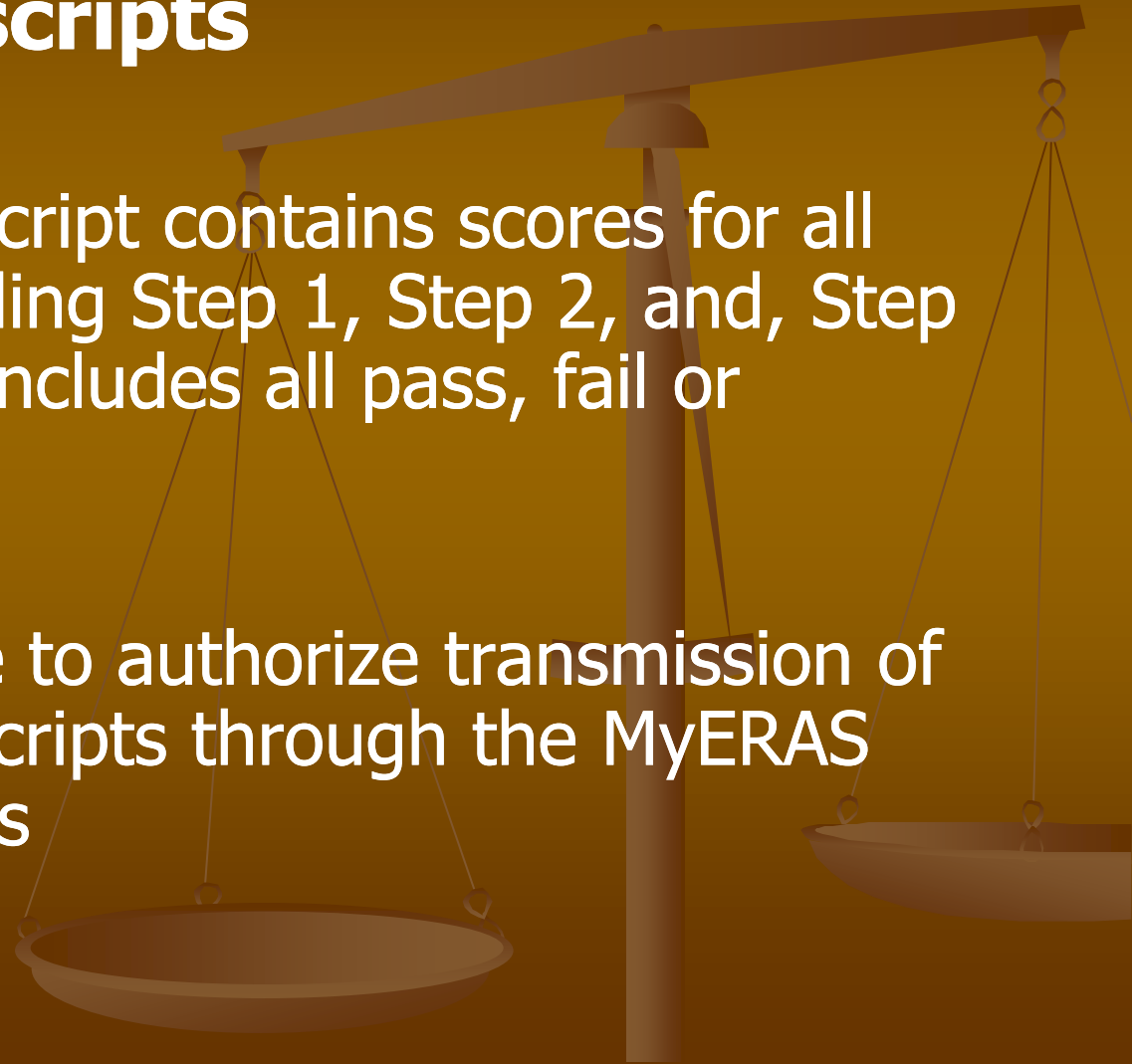
3) Wallet-Sized Color Photo Of Yourself

- A photograph is not required, but it may be easier for programs to identify you when interviewing. Also, it may be easier for the residency programs to remember you during the rank process if they have a face to match with the application.
- IMPORTANT:** Programs are not allowed to view your photograph during the initial evaluation of your application. The photograph is not visible until you have been selected for interview.
- You can only submit 1 photograph to your Dean's Office to be scanned and uploaded.

Documents you will need for ERAS

4) USMLE Transcripts

- The USMLE transcript contains scores for all prior exams including Step 1, Step 2, and, Step 3 (if taken). This includes all pass, fail or incompletes.
- It is now possible to authorize transmission of your USMLE transcripts through the MyERAS application process



Documents you will need for ERAS

5) Personal Statements

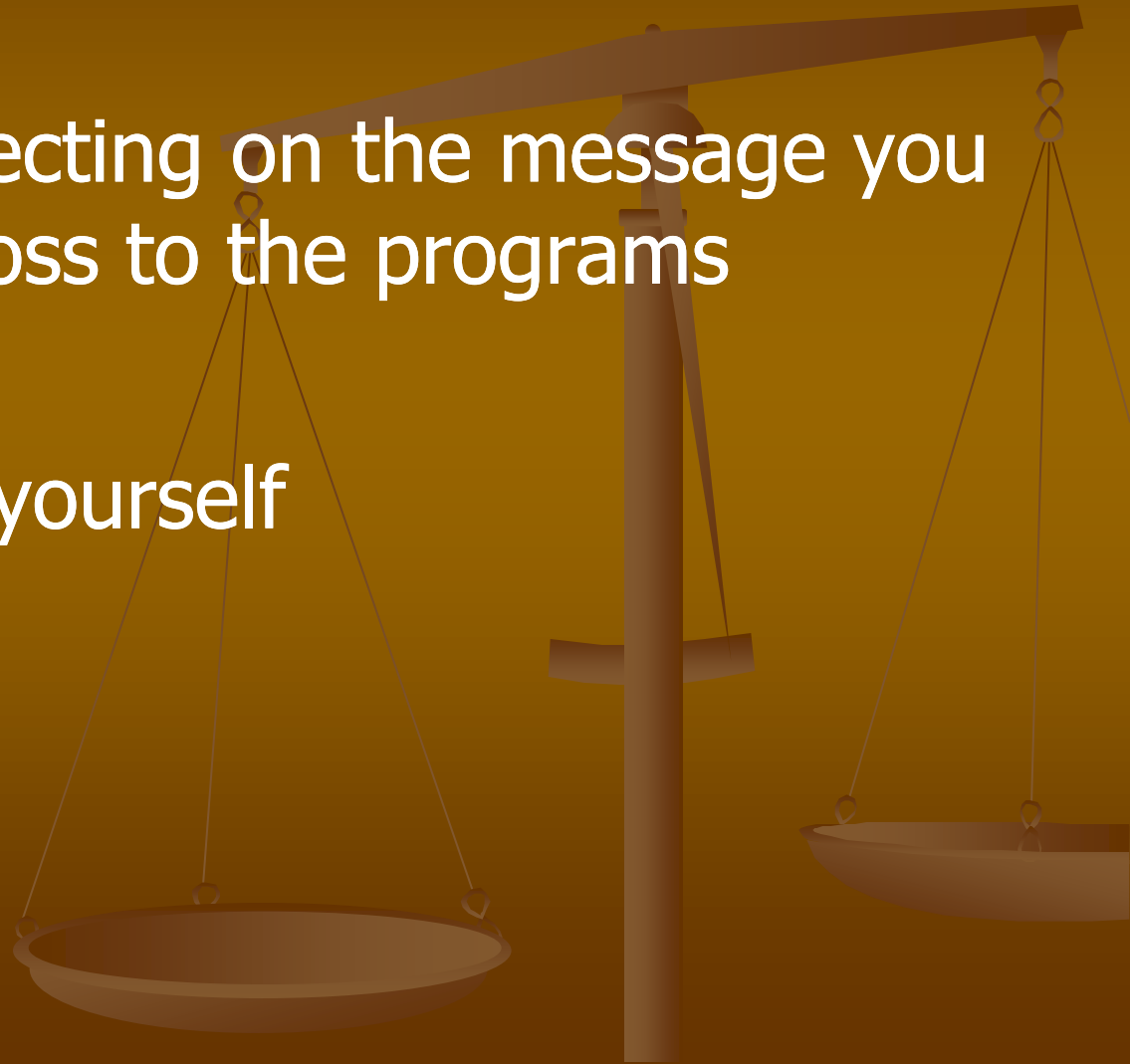
-You can create as many Personal Statements as you wish but only one can be assigned to each program.

-BE AWARE: If you copy and paste your Personal Statement from Microsoft Word, or a similar text editor, into the MyERAS website, there may be invisible Word characters included in your document. These may display as strange code and text in the Personal Statement that the residency programs receive.

-The content of your personal statement is limited to 28,000 characters

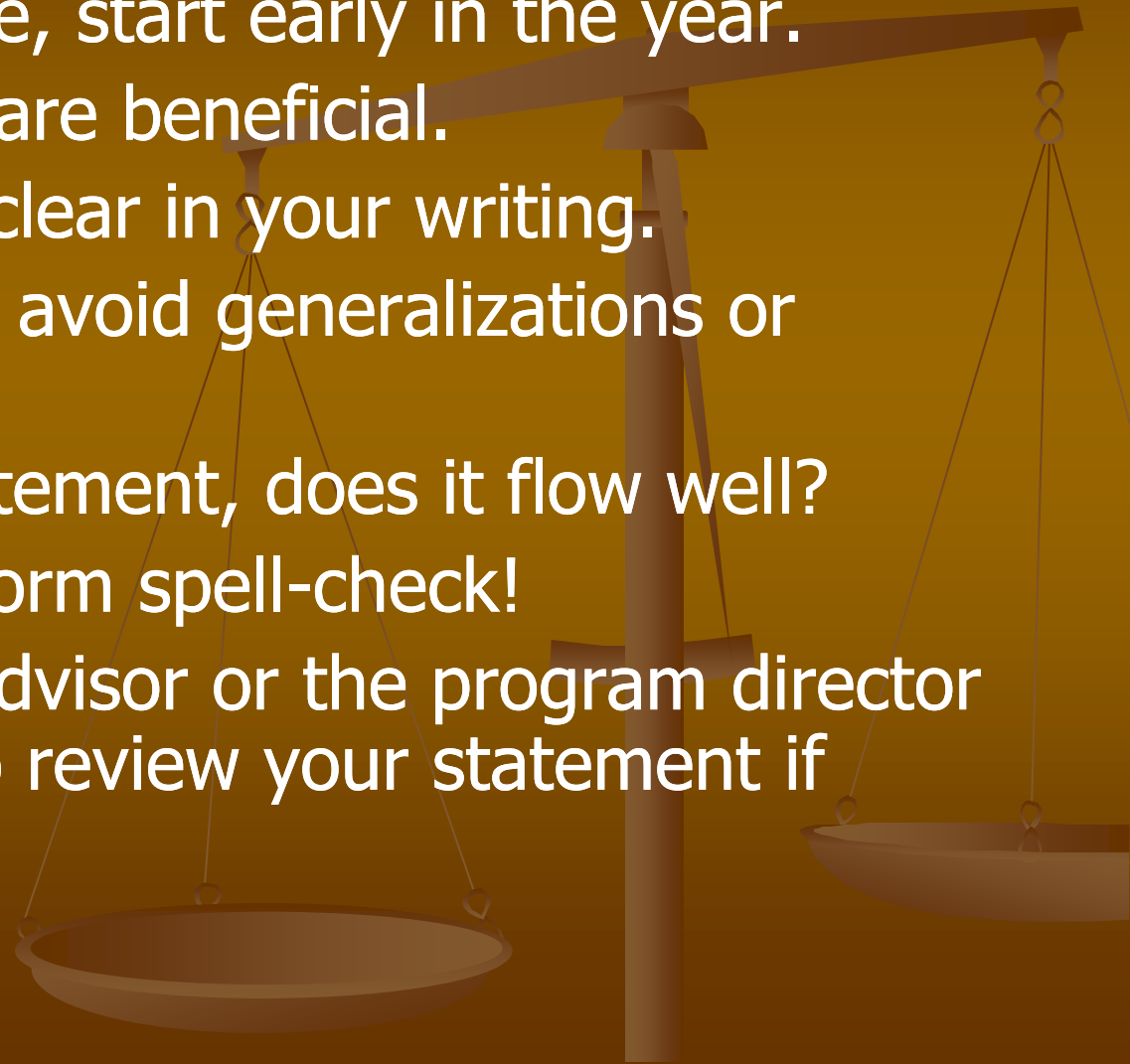
Before Writing the Personal Statement

- Spend time reflecting on the message you want to get across to the programs
- Be honest with yourself
- Think creatively



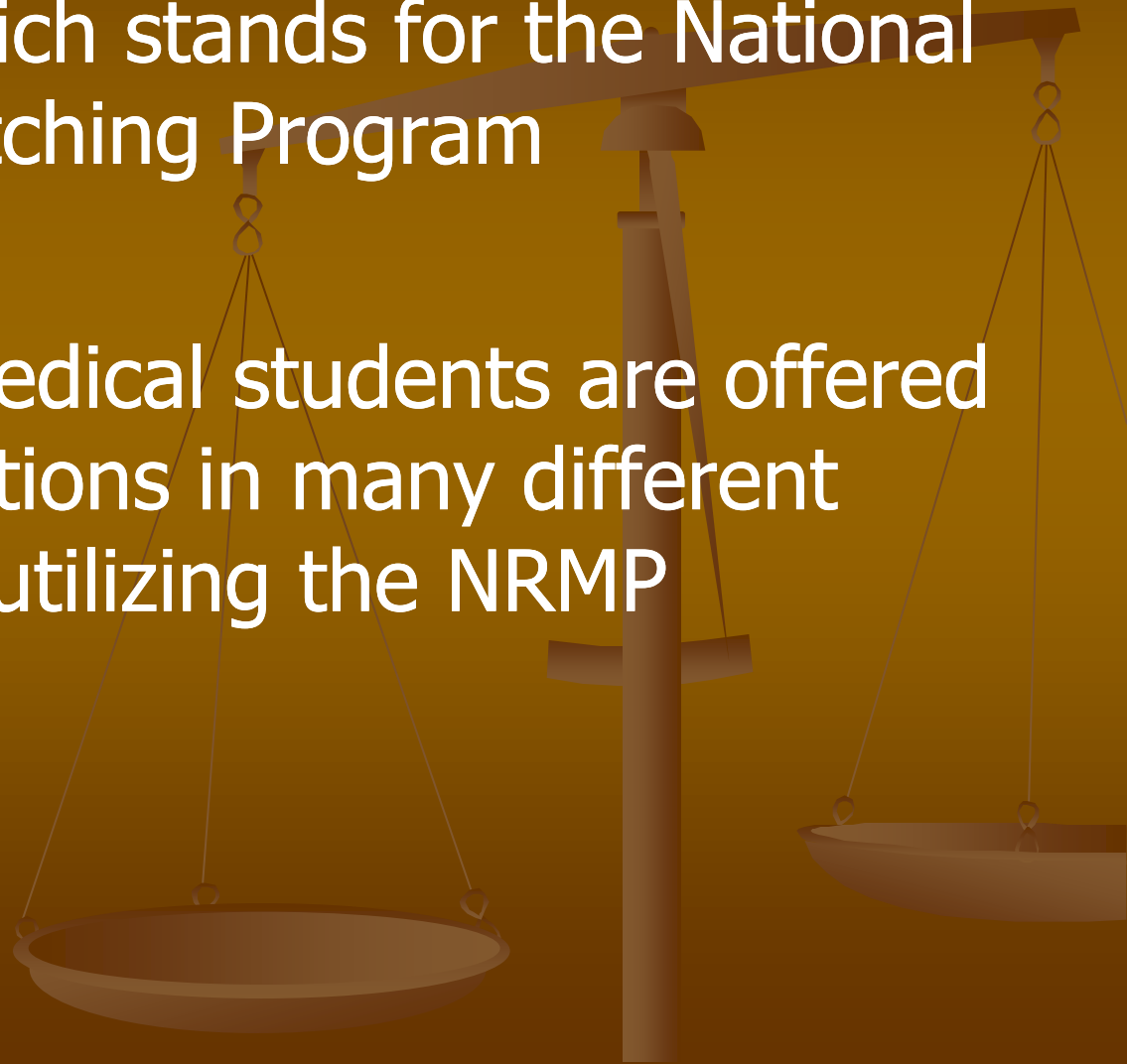
Pearls to writing a great personal statement

- Don't procrastinate, start early in the year.
- Multiple revisions are beneficial.
- Be articulate and clear in your writing.
- Try to be specific; avoid generalizations or stereotypes.
- Read over the statement, does it flow well?
- Make sure to perform spell-check!
- Ask your faculty advisor or the program director at your campus to review your statement if possible

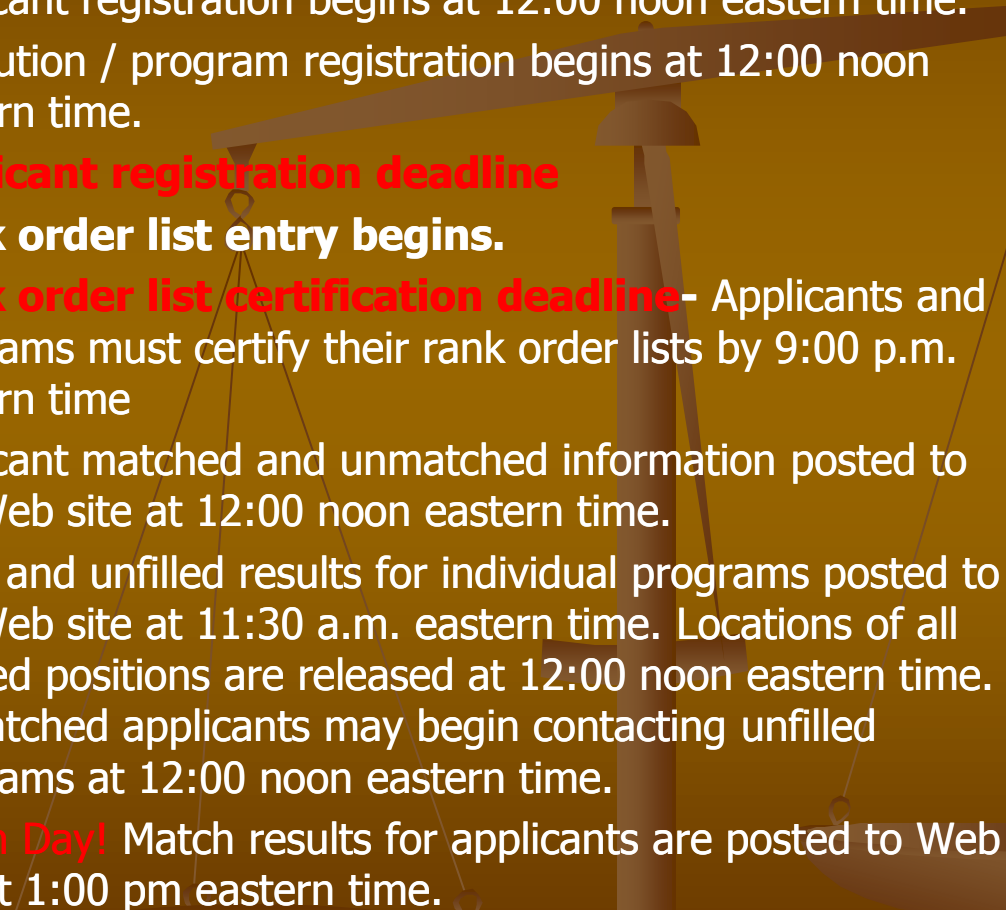


What is “The Match”?

- the NRMP, which stands for the National Residency Matching Program
- Fourth year medical students are offered residency positions in many different specialties by utilizing the NRMP

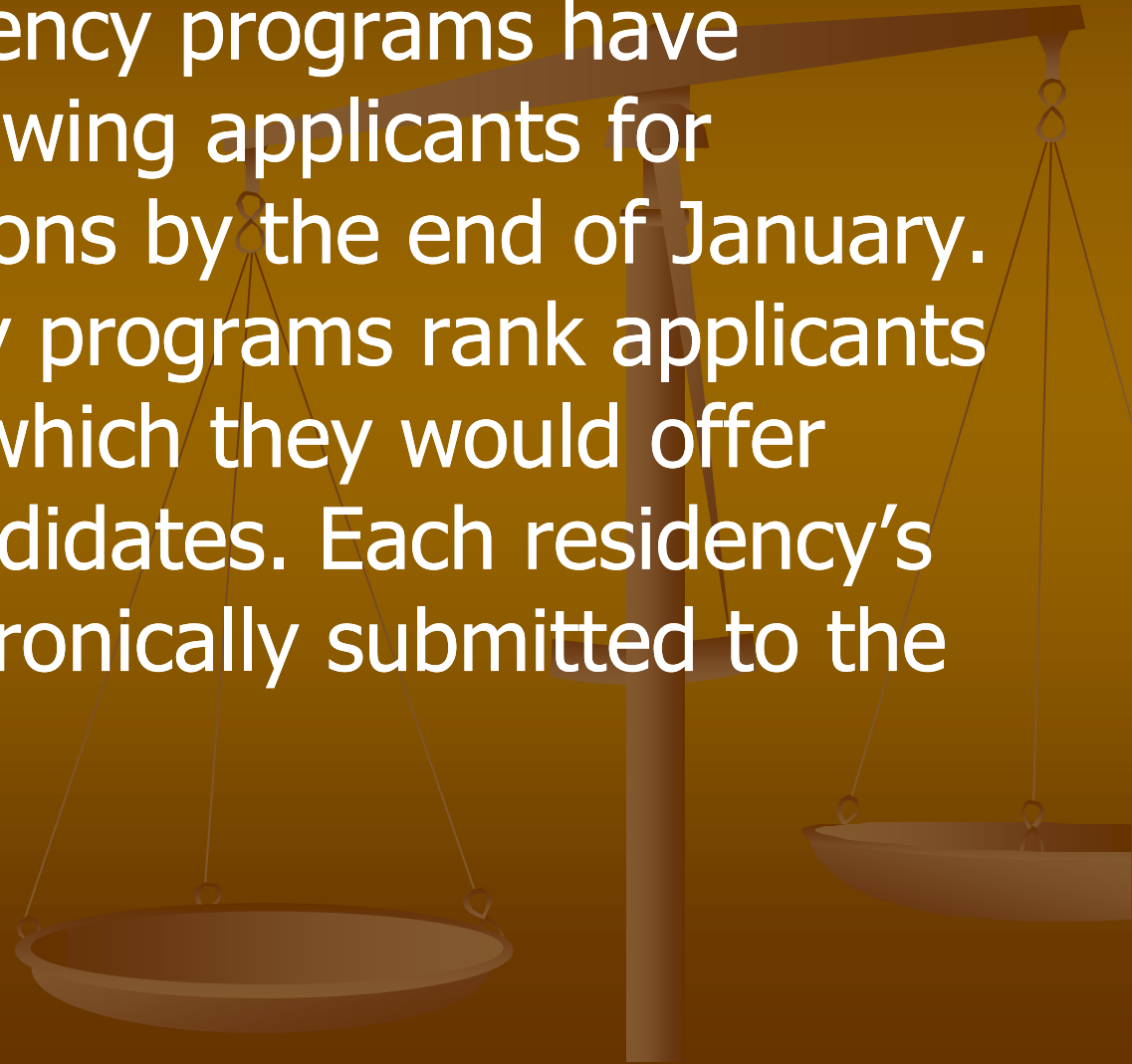


2010 Main Match Schedule

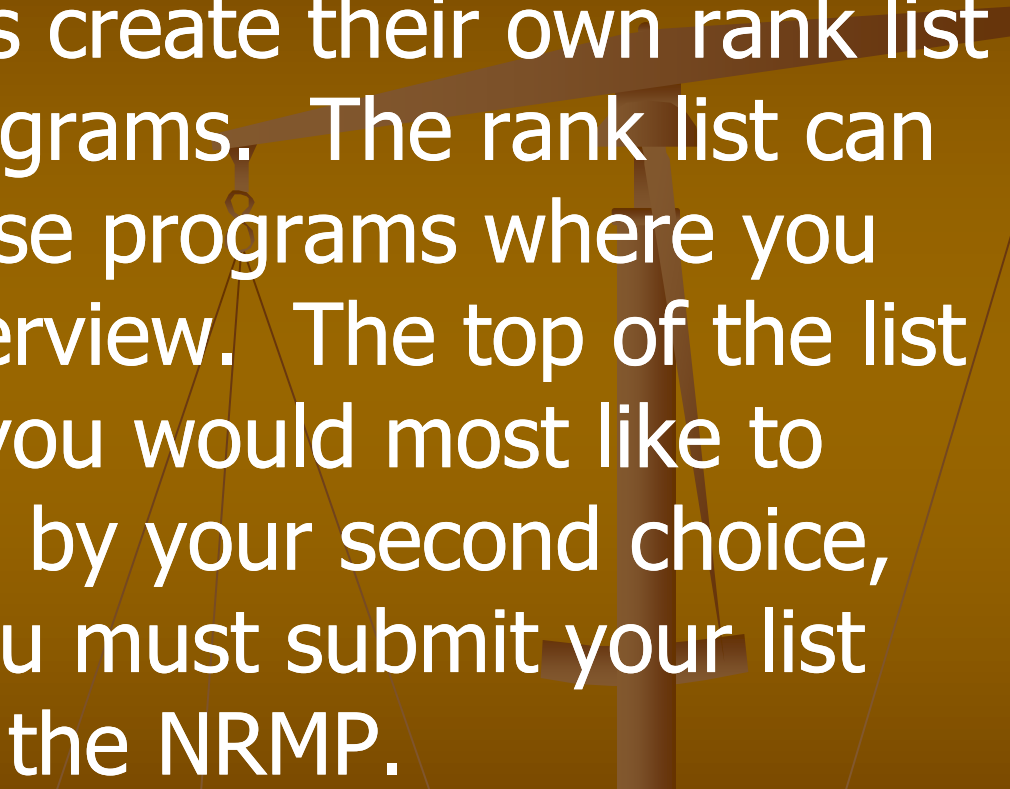
- **August 15, 2009** Applicant registration begins at 12:00 noon eastern time.
 - **September 1, 2009** Institution / program registration begins at 12:00 noon eastern time.
 - **November 30, 2009** **Applicant registration deadline**
 - **January 15, 2010** **Rank order list entry begins.**
 - **February 24, 2010** **Rank order list certification deadline**- Applicants and programs must certify their rank order lists by 9:00 p.m. eastern time
 - **March 15, 2010** Applicant matched and unmatched information posted to the Web site at 12:00 noon eastern time.
 - **March 16, 2010** Filled and unfilled results for individual programs posted to the Web site at 11:30 a.m. eastern time. Locations of all unfilled positions are released at 12:00 noon eastern time. Unmatched applicants may begin contacting unfilled programs at 12:00 noon eastern time.
 - **March 18, 2010** **Match Day!** Match results for applicants are posted to Web site at 1:00 pm eastern time.
- 

How does the Match work?

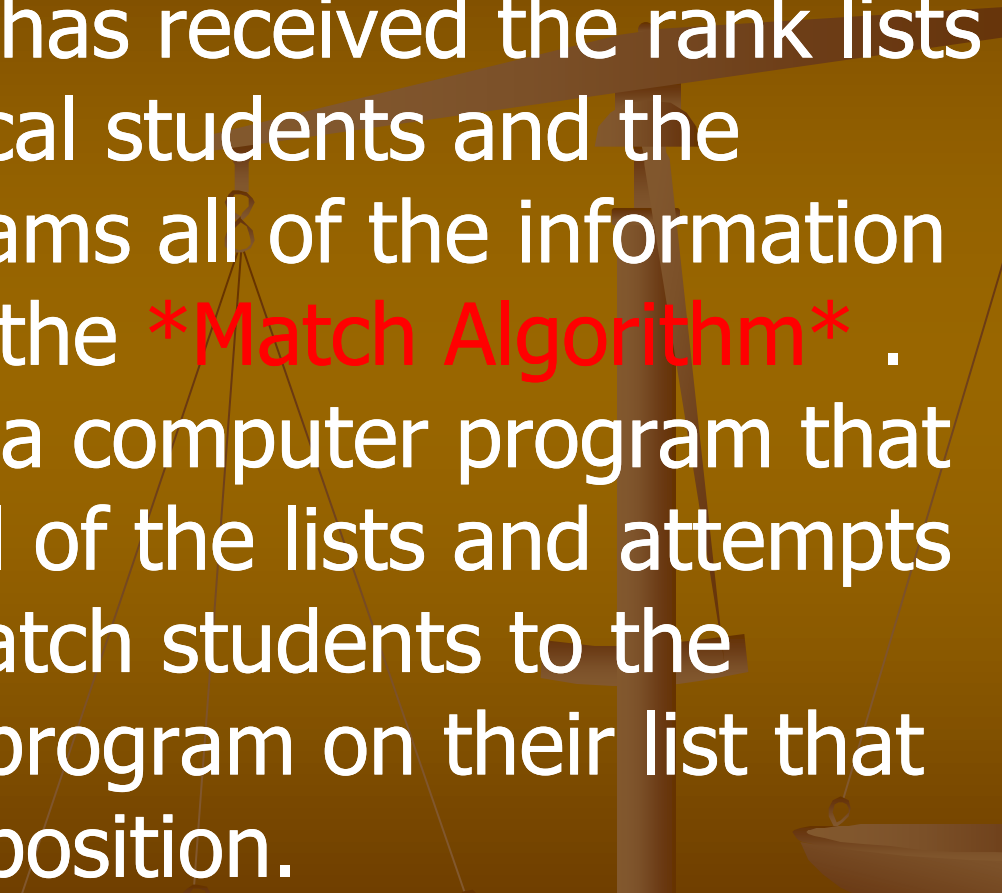
- Almost all residency programs have finished interviewing applicants for residency positions by the end of January. These residency programs rank applicants in the order in which they would offer positions to candidates. Each residency's rank list is electronically submitted to the NRMP.



How does the Match work?

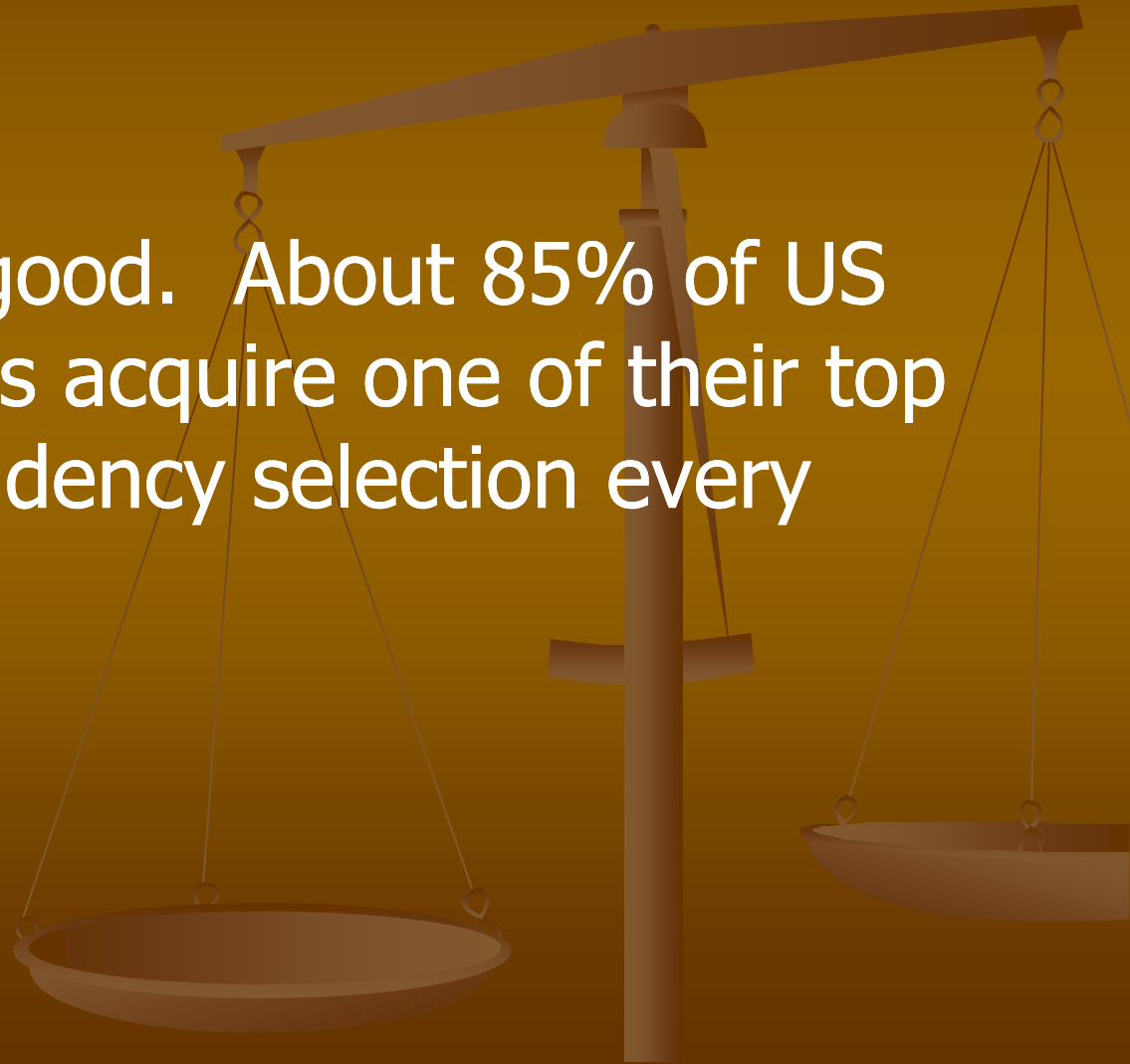
- Medical students create their own rank list of residency programs. The rank list can only include those programs where you attended an interview. The top of the list is the program you would most like to attend, followed by your second choice, and so forth. You must submit your list electronically to the NRMP.
- 

How does the Match work?

- After the NRMP has received the rank lists from both medical students and the residency programs all of the information is processed by the ***Match Algorithm***. This is basically a computer program that sorts through all of the lists and attempts to accurately match students to the highest ranked program on their list that offered them a position.
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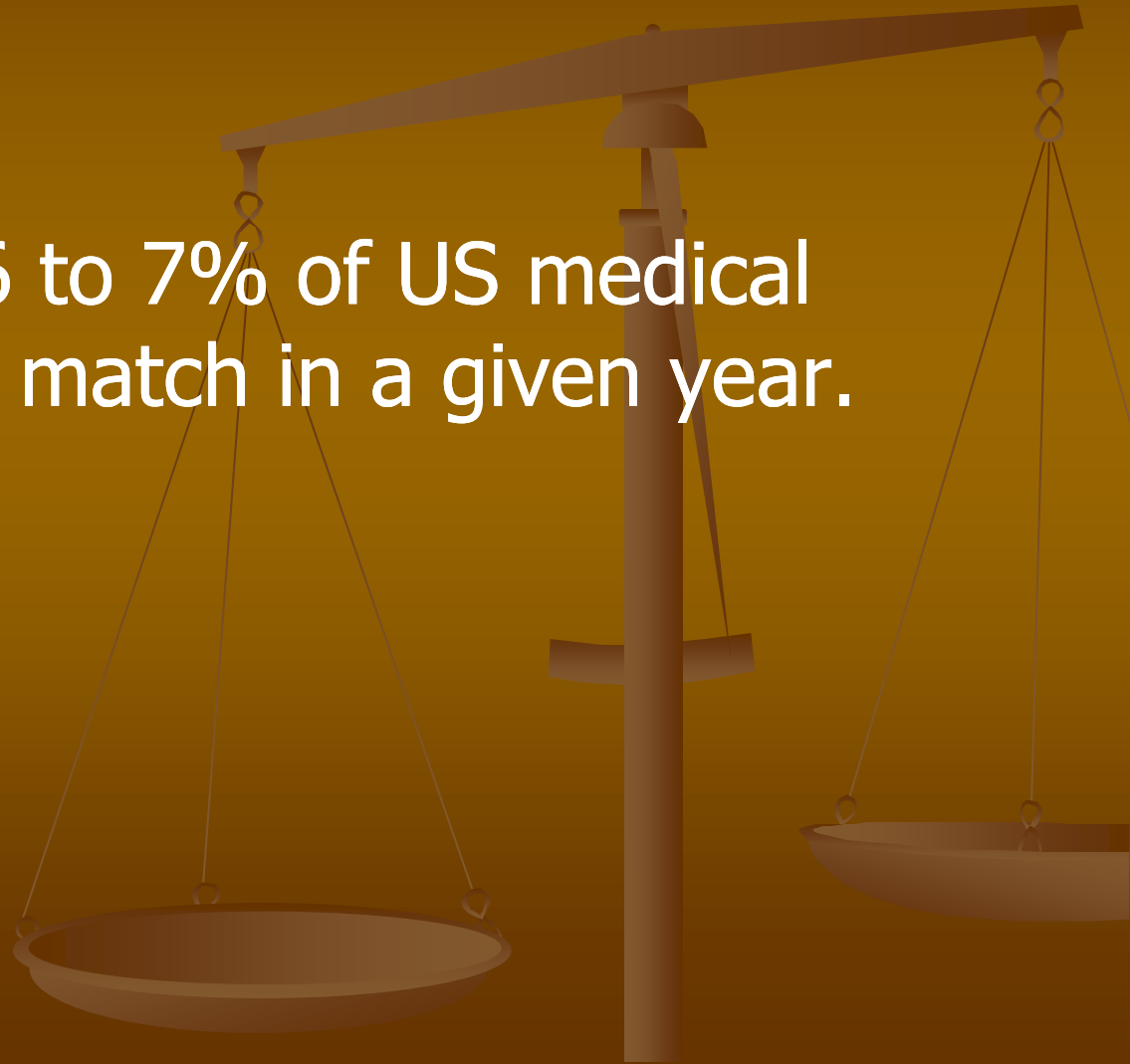
How well do US medical students perform in the Match?

- Generally very good. About 85% of US medical students acquire one of their top 3 choices in residency selection every year.



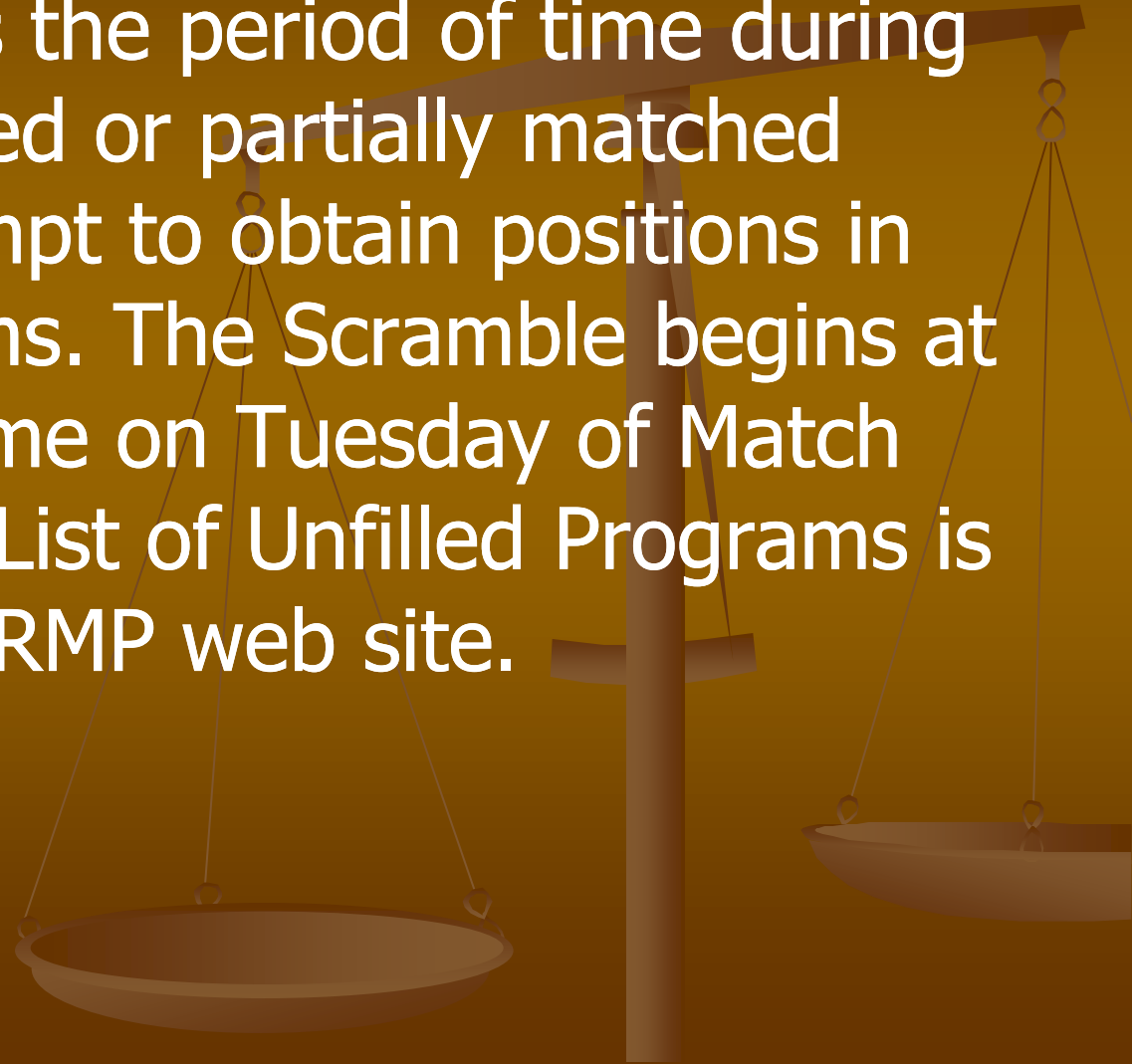
How many US medical students do not match?

- Approximately 6 to 7% of US medical students do not match in a given year.

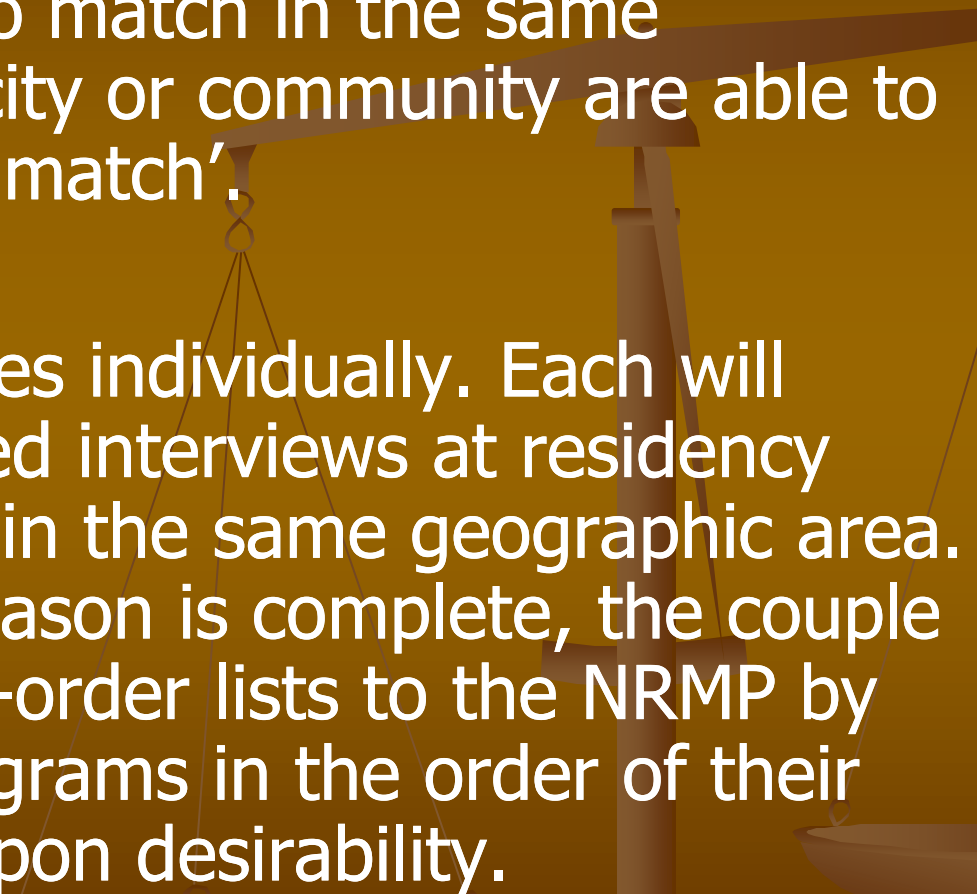


What is the Scramble?


- The Scramble is the period of time during which unmatched or partially matched applicants attempt to obtain positions in unfilled programs. The Scramble begins at noon eastern time on Tuesday of Match Week after the List of Unfilled Programs is posted to the NRMP web site.



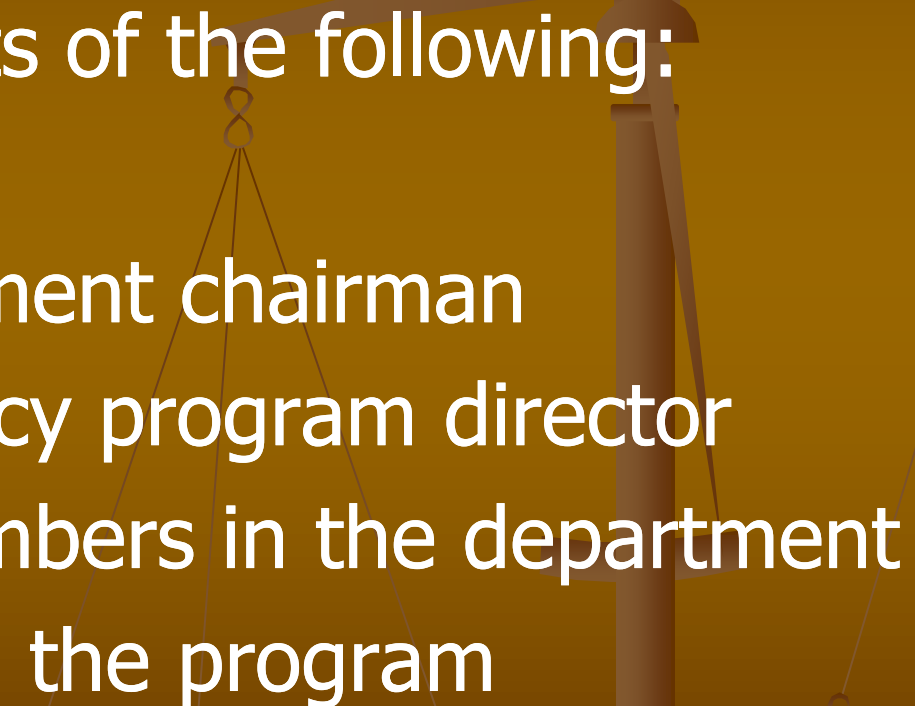
What is the couples match?

- Couples wanting to match in the same geographic area, city or community are able to enter the 'couples match'.
 - Each partner applies individually. Each will hopefully be offered interviews at residency training programs in the same geographic area. When interview season is complete, the couple submits their rank-order lists to the NRMP by listing pairs of programs in the order of their mutually agreed upon desirability.
- 

What happens to my application after it is received by a residency program?

- The members of the residency selection committee at each program will review your application once it is received.
 - The committee will look at your program application, transcript, letters of recommendation, and MSPE/Dean's Letter. After review of your materials each residency program will consider offering you an interview.
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Who are the members of the residency selection committee?

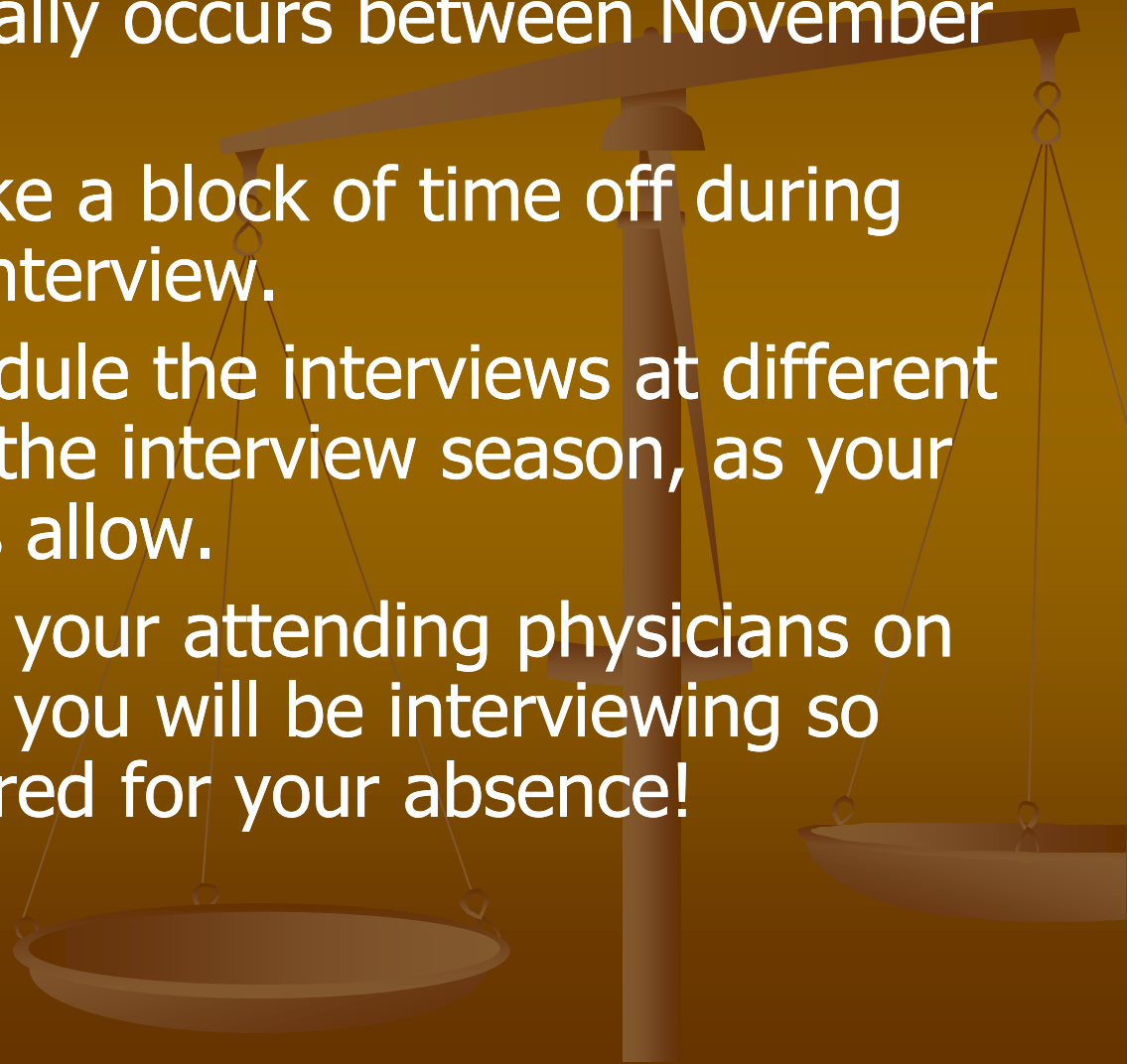
- Typically consists of the following:
 - the department chairman
 - the residency program director
 - faculty members in the department
 - residents in the program
- 

The Interview !



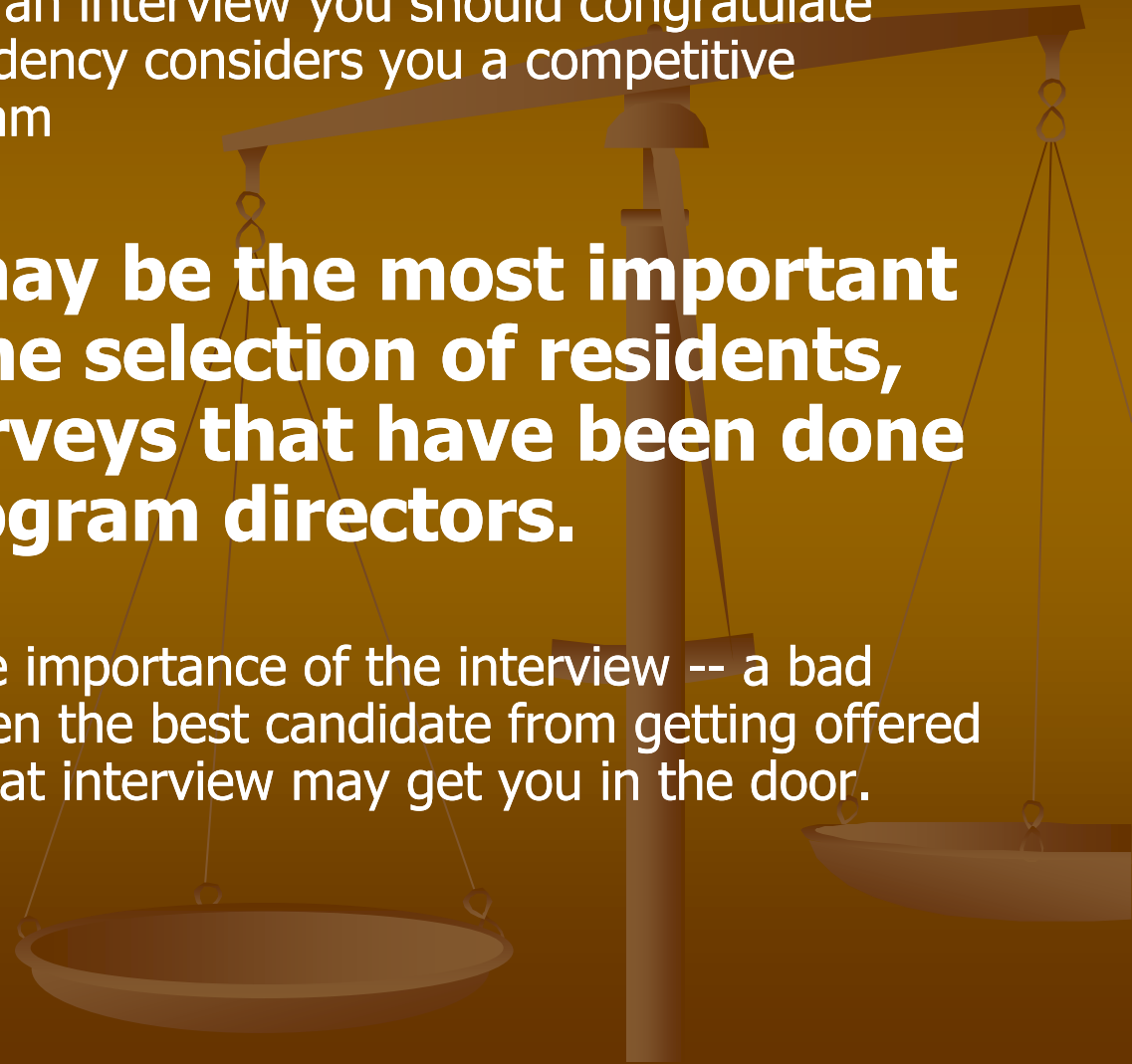
When is the best time to interview?

- Interviewing typically occurs between November and February.
- Some students take a block of time off during these months to interview.
- You can also schedule the interviews at different times throughout the interview season, as your rotation schedules allow.
- It's best to inform your attending physicians on each rotation that you will be interviewing so they will be prepared for your absence!

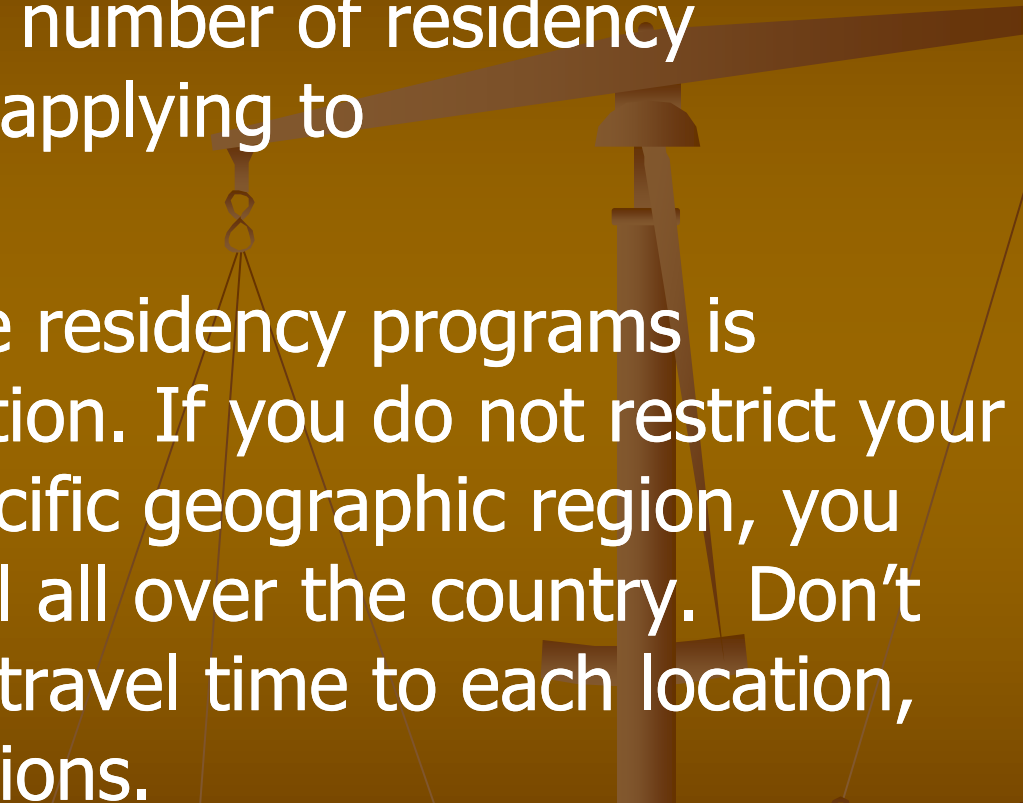


How important is the interview?

- If you have been offered an interview you should congratulate yourself because the residency considers you a competitive candidate for their program
- **The interview may be the most important factor used in the selection of residents, according to surveys that have been done of residency program directors.**
- Do not underestimate the importance of the interview -- a bad interview can prevent even the best candidate from getting offered a position, whereas a great interview may get you in the door.



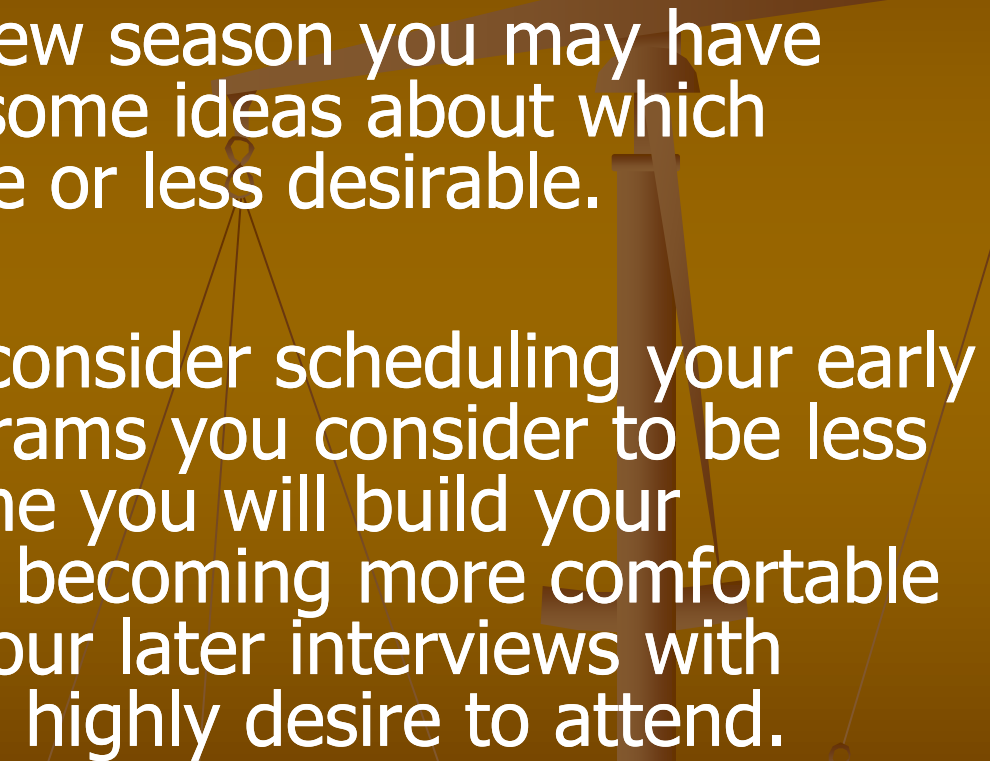
How much time off should I take to interview?

- Depends upon the number of residency programs you are applying to
 - The location of the residency programs is another consideration. If you do not restrict your programs to a specific geographic region, you may need to travel all over the country. Don't forget to factor in travel time to each location, and between locations.
- 

Do programs interview on specific days?

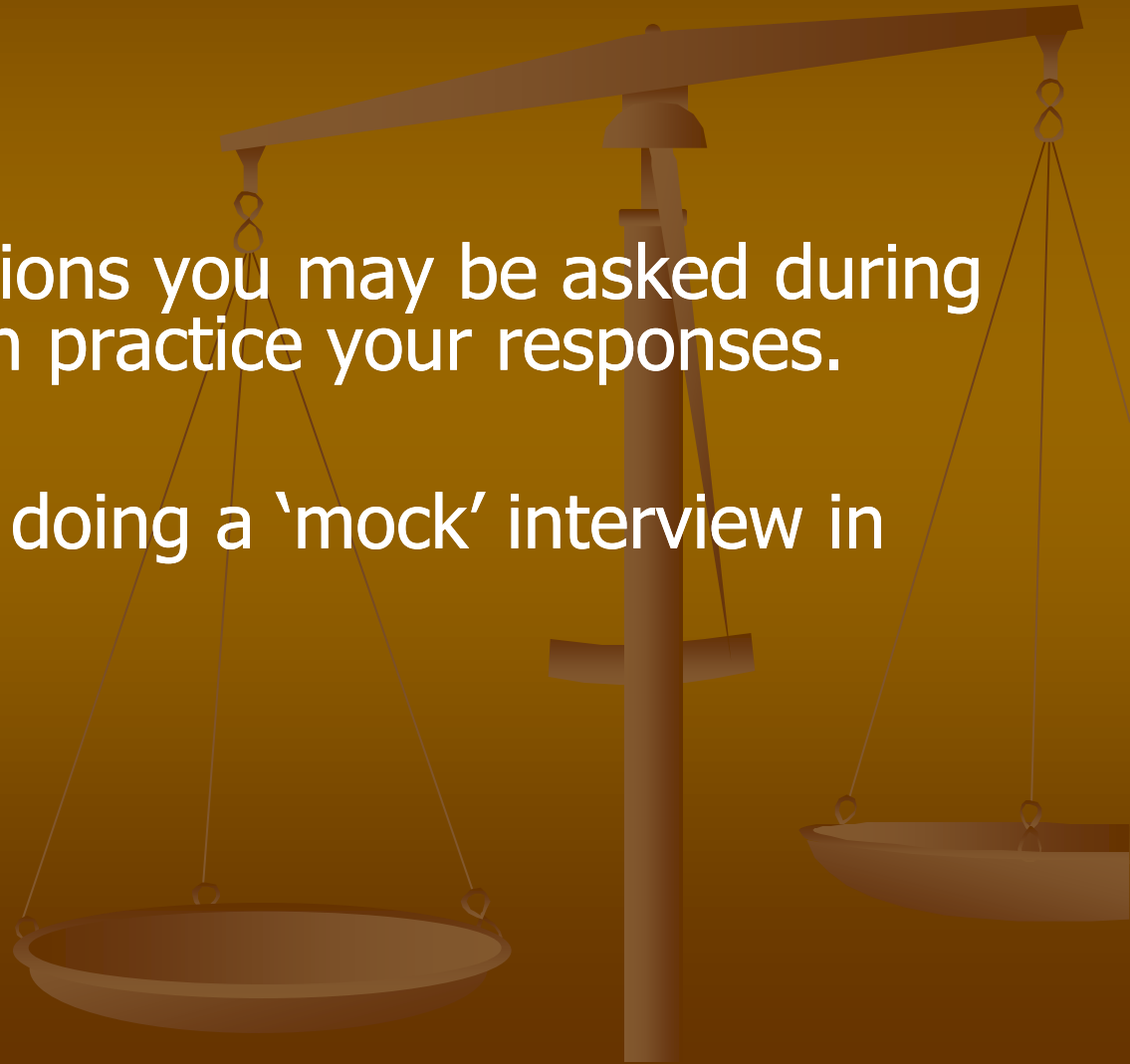
- Each program may be different. Some programs set aside a few days consistently each week during the interview season to conduct interviews; others may only offer interviews a few days of each month.
 - If you are offered an interview, do your best to accommodate the date/dates the program offers. A residency program may look negatively upon a candidate who requests special accommodations/dates/etc.
- 

Which programs should I interview first?

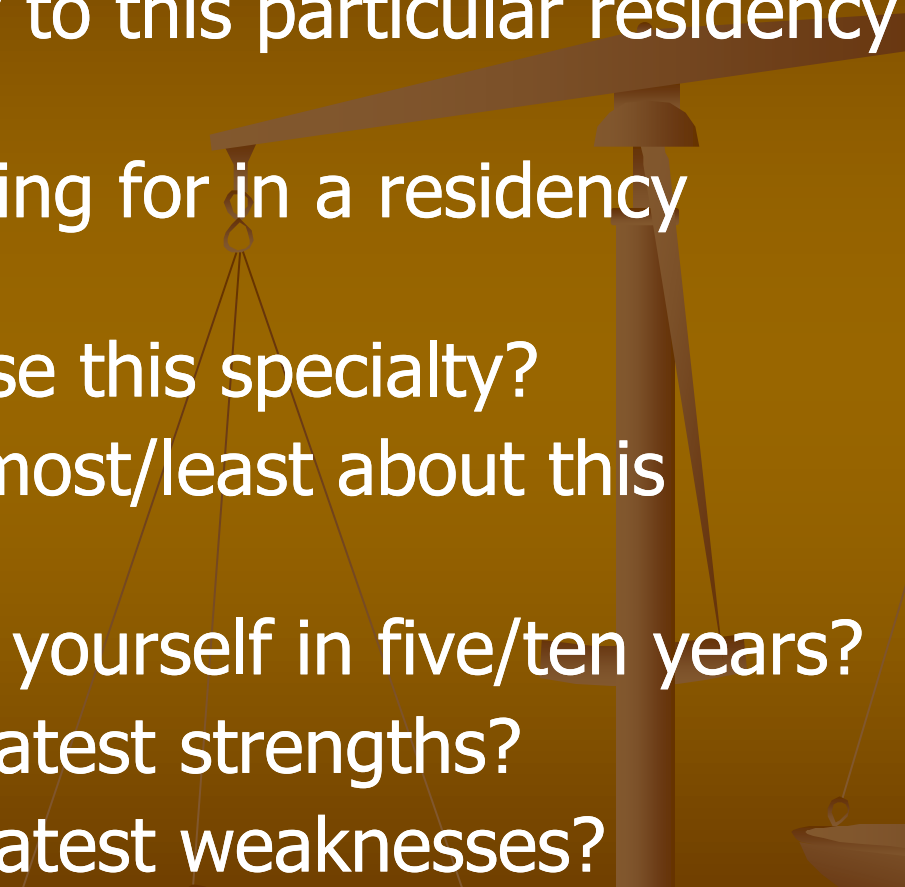
- Prior to the interview season you may have already gathered some ideas about which programs are more or less desirable.
 - You may want to consider scheduling your early interviews at programs you consider to be less desirable. Over time you will build your interviewing skills, becoming more comfortable and confident in your later interviews with programs that you highly desire to attend.
- 

Do I need to prepare for interviewing?

- YES!
- Think about questions you may be asked during the interview, then practice your responses.
- You may consider doing a 'mock' interview in preparation.

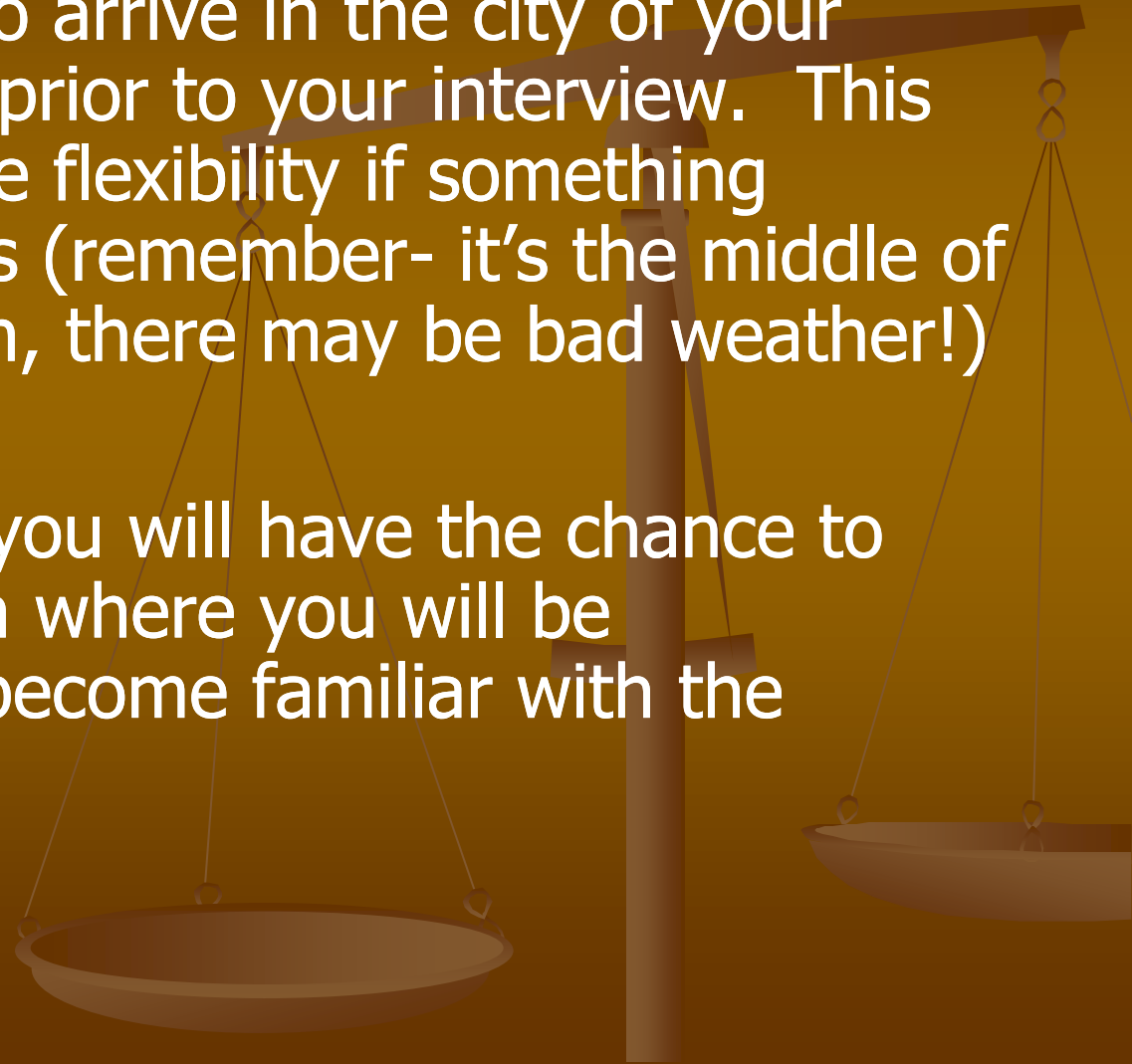


Common questions during the residency interview:

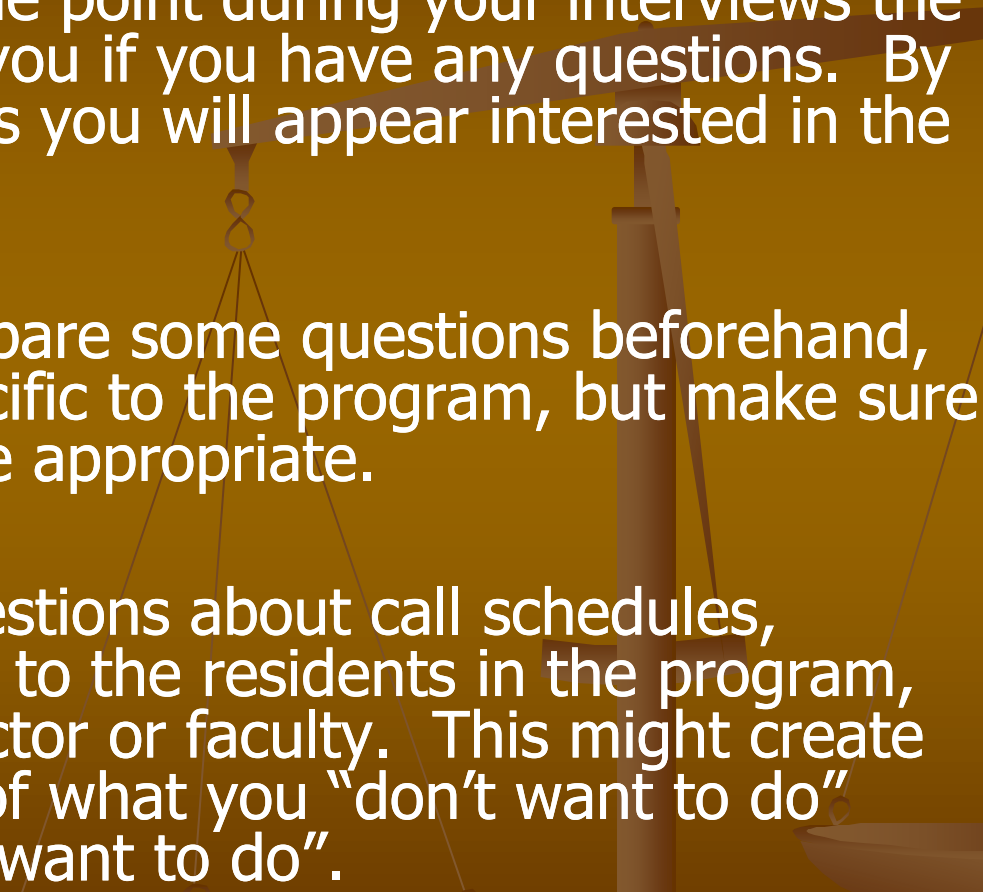
- Why did you apply to this particular residency program?
 - What are you looking for in a residency program?
 - Why did you choose this specialty?
 - What do you like most/least about this specialty?
 - Where do you see yourself in five/ten years?
 - What are your greatest strengths?
 - What are your greatest weaknesses?
- 

Should I arrive early for my interviews?

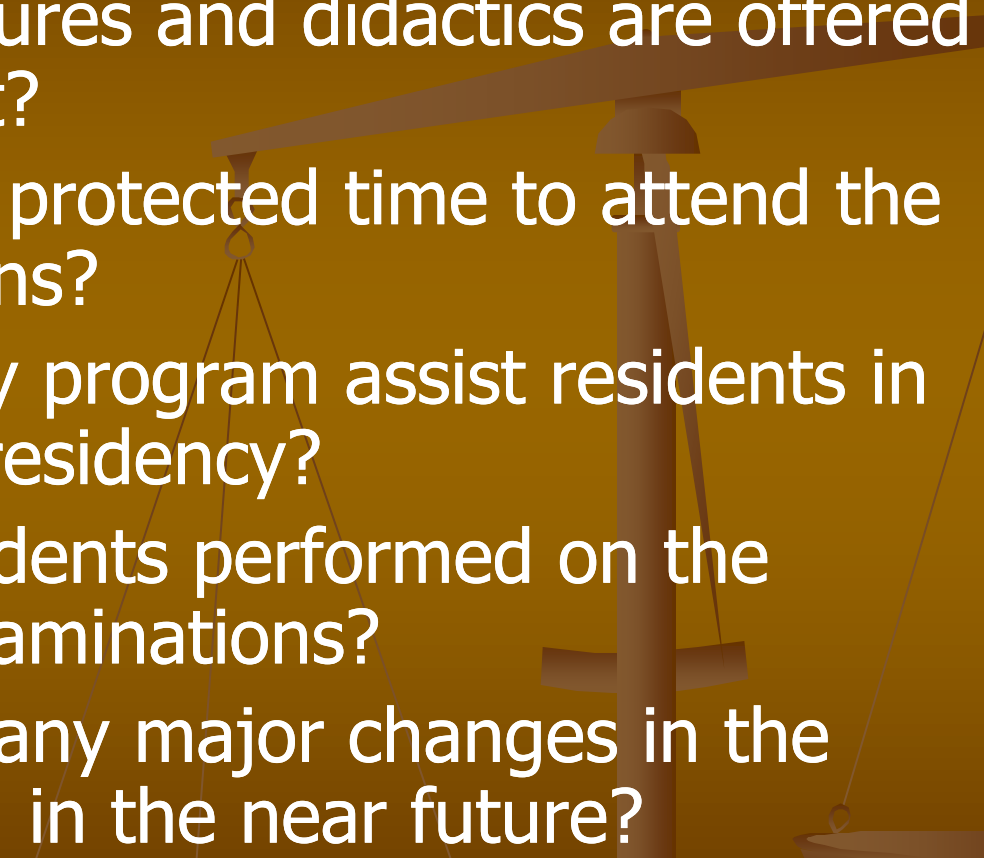
- It is a good idea to arrive in the city of your interview the day prior to your interview. This will offer you some flexibility if something unexpected occurs (remember- it's the middle of winter in the north, there may be bad weather!)
- By arriving early, you will have the chance to visit the institution where you will be interviewing and become familiar with the location.



Should I ask questions during the interview?

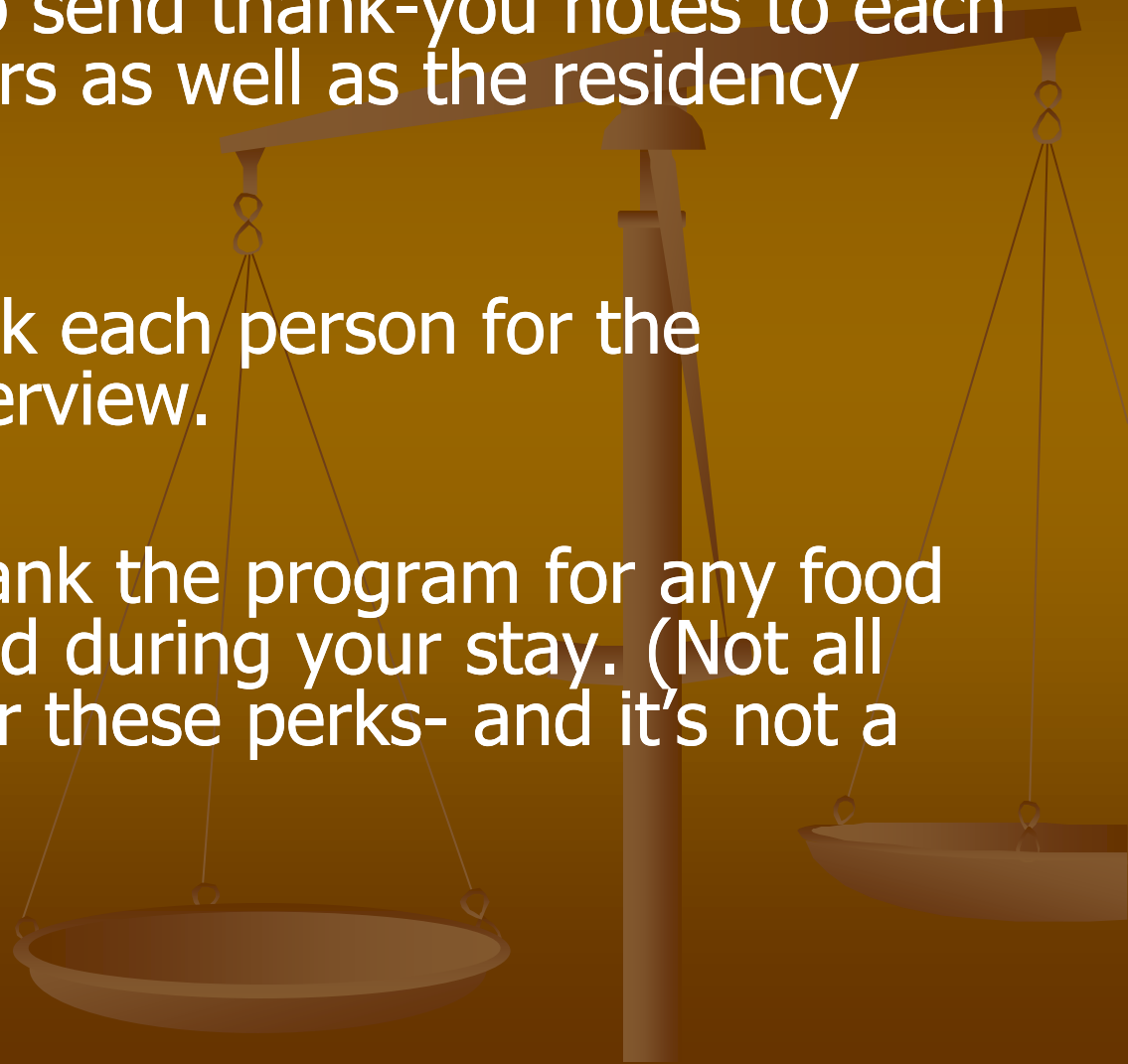
- It is likely that at some point during your interviews the interviewer may ask you if you have any questions. By asking good questions you will appear interested in the program.
 - You may want to prepare some questions beforehand, either general or specific to the program, but make sure that the questions are appropriate.
 - You should direct questions about call schedules, vacation and benefits to the residents in the program, not the program director or faculty. This might create an initial impression of what you “don’t want to do” instead of what you “want to do”.
- 

What questions should I ask the faculty during the interview?

- What types of lectures and didactics are offered by the department?
 - Do residents have protected time to attend the educational sessions?
 - Does the residency program assist residents in finding jobs after residency?
 - How have the residents performed on the specialty board examinations?
 - Do you anticipate any major changes in the residency program in the near future?
- 

Should I send thank-you notes?

- It is a wise idea to send thank-you notes to each of your interviewers as well as the residency director.
- Make sure to thank each person for the opportunity to interview.
- Don't forget to thank the program for any food or lodging provided during your stay. (Not all programs will offer these perks- and it's not a good idea to ask!)

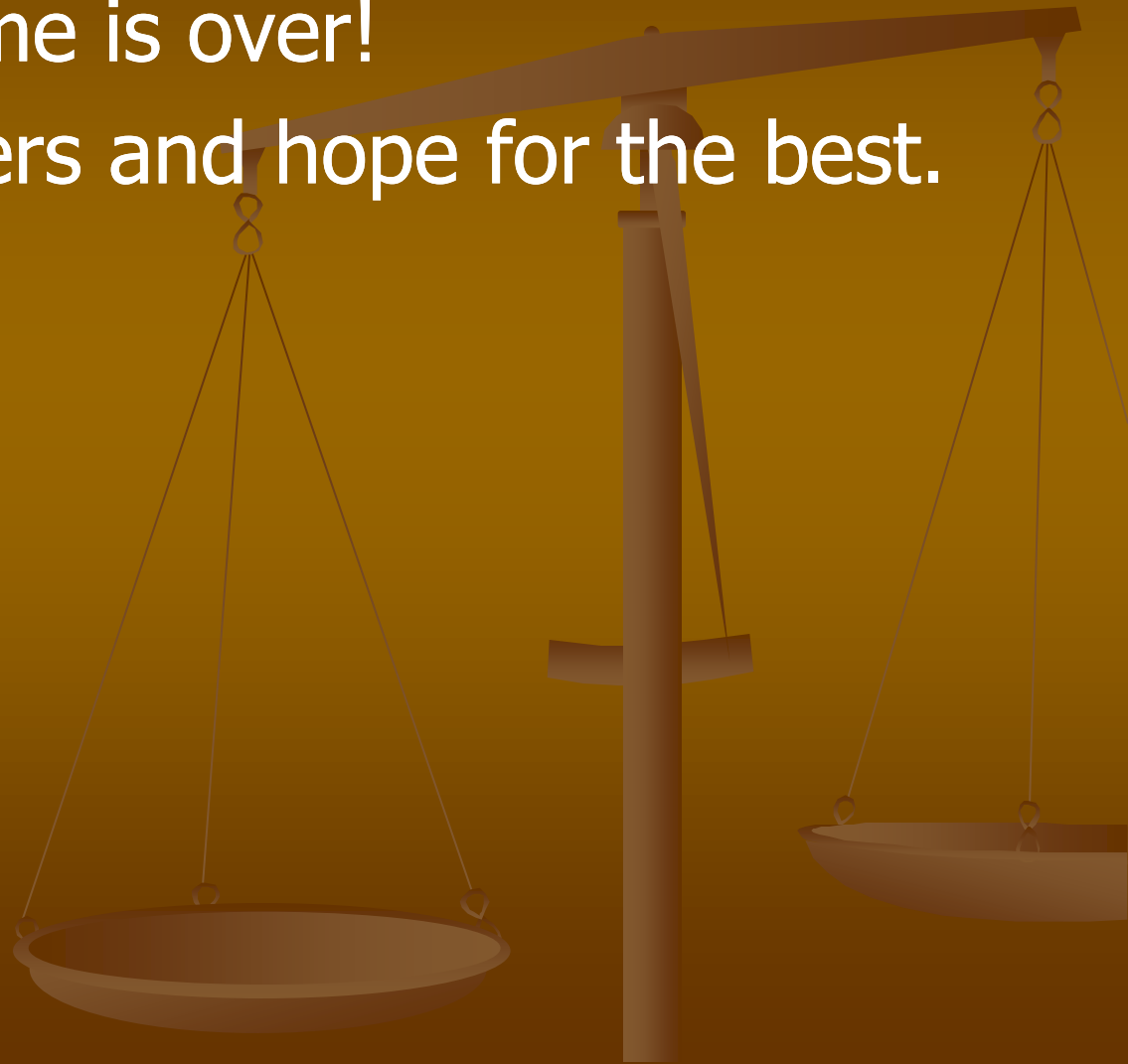


MATCH DAY!



MATCH DAY!

- The waiting game is over!
- Cross your fingers and hope for the best.
- GOOD LUCK!!



Resources

- ERAS - <http://www.aamc.org/students/eras/>
- NRMP - <http://www.nrmp.org/>
- Careers in Medicine - <http://www.aamc.org/students/cim/>



THE END!

