Applying to Residency: The Year Ahead

MS3 Spring Class Meeting
April 2, 2018

Holly J. Humphrey, MD’83
Dean for Medical Education
Our Goal for You: A Fulfilling, Satisfying Career
Applying to Residency

Strategy and Scheduling for the Year Ahead
DECIDE ON A CAREER

APPLY TO RESIDENCY

INTERVIEW

TAKE STEP 2 CK & CS

COMPLETE MEDICAL SCHOOL COURSES

RANK LIST DUE

MATCH DAY!
Career Selection Factors to Consider

- Is the specialty a good fit?
- Do your skills, interests, and values match the specialty?
- Long term career goals
- Long term personal goals
- Are you a good fit?
- Consider your entire record and review with your Career and Specialty Advisors
Be Realistic

• When considering a specialty, consider the competitiveness of the specialty and your competitiveness as an applicant.

• Look at your entire portfolio
  – Clerkship designators reported on the MSPE
  – Awards
  – USMLE scores
  – Research & publications
  – Joint degree
  – Extracurricular activities

• Consider subjective personal wishes and specialty features
Career Selection Resources

• Career Advisors

• AAMC Careers in Medicine website
  – Medical Specialty Preference Inventory (150 questions, 30 minutes)
  – Physician Values in Practice Scale (60 questions, 10 minutes)
  – Specialty Pages

• FREIDA: AMA online database of residency programs

• Your MS4 peers!
Fourth Year Schedule

• Build flexibility for residency interviews into your fourth year schedule

• Having an interview is not an excuse to miss days in a Sub-I or a fourth year rotation

“I have a residency interview so I have to miss a day on my Sub-I”
Fourth Year Schedule

• **Regular Match:**
  October – January flexible for interviews

• **Early Match (Military, Ophtho, Urology):**
  September – December flexible for interviews

• **Smaller Specialties / Surgical Subspecialties:**
  November– February flexible for interviews
  - Dermatology
  - Neurosurgery
  - Orthopaedic Surgery
  - Otolaryngology
  - Plastic Surgery
  - Radiation-Oncology

See “The Residency Process” book for sample schedules
Away Rotations

- Refer to the Residency Process Book for specialty-specific information

- The Away Rotation page on our website has a full list of resources
The Year Ahead

<table>
<thead>
<tr>
<th>APR</th>
<th>MAY</th>
<th>JUNE</th>
<th>JULY</th>
<th>AUG</th>
<th>SEP</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **DECIDE ON A CAREER**
- **APPLY TO RESIDENCY**
- **INTERVIEW**
- **TAKE STEP 2 CK & CS**
- **COMPLETE MEDICAL SCHOOL COURSES**
- **RANK LIST DUE**
- **MATCH DAY!**
USMLE Step 2

- Must take Step 1 and Step 2 (CK & CS) in order to graduate
- May register up to 6 months before the date of the exam
- Early sign-up is recommended to get the date/location you prefer
- PSOM deadline: December 1, 2018
Why do I have to take Step 2 by December 1?

- Some residency programs will not rank applicants unless they can see evidence that you have passed Step 2
- 64% of our program directors say they use Step 2 CK to rank applicants
- Test sites/times fill up at least 3-4 months in advance. Scheduling to take your exam by December ensures you will be able to graduate!
- Schedule Step 2 CS before May 31—it books faster than Step 2 CK
- Students tend to do better on Step 2 when they complete the tests immediately following their clerkships
The Year Ahead

- Dec 1: Complete medical school courses
- Apr: Decide on a career
- May: Apply to residency
- Jun: Interview
- Jul: Take Step 2 CK & CS
- Aug: Rank list due
- Sep: Match day!
Applying to Residency

Key Vocabulary
Applying to Residency: Key Vocabulary

• **Electronic Residency Application Service (ERAS)**

  – A service that transmits residency applications, letters of recommendation, MSPEs, transcripts, and other supporting credentials from medical schools to residency program directors via the internet.

  – [https://www.aamc.org/students/medstudents/eras/](https://www.aamc.org/students/medstudents/eras/)
Applying to Residency: Key Vocabulary

- **National Resident Matching Program (NRMP)**
  - Matches applicants to programs according to the preferences expressed by both parties (applicants and programs)
  - The NRMP is an applicant-favoring process
Applying to Residency: Key Vocabulary

- **Main Match**: offers PGY-1 and PGY-2 level residency training positions in most specialties.

- **Early Match**: collection of specialties that operate outside the main match, earlier match process (ophthalmology, urology)

- **Couples’ Match**: couples can link their program choices together so that they can be matched into a combination of programs suited to their needs.

- **Military Match**: match held by the US Armed Services.
Applying to Residency: Key Vocabulary

- **Military Match**: Varies by branch: some apply through ERAS & match through the Military Match; some apply outside of ERAS

- **SF Match**: Apply through SF Match and match through SF Match for Ophthalmology ([http://www.sfmatch.org/](http://www.sfmatch.org/))

- **Urology**: Apply through ERAS & match through the AUA ([http://www.auanet.org/education/residency.cfm](http://www.auanet.org/education/residency.cfm))
Applying to Residency: Key Vocabulary

• **Medical Student Performance Evaluation (MSPE)**
  – A letter of evaluation that describes a student’s performance in medical school
  – Not a letter of recommendation
  – Released 2 weeks after residency applications are submitted
Couples’ Match

- Anyone interested in couple matching **must**:
  - Notify your career advisor and Rebecca Silverman (rsilverman@bsd.uchicago.edu)
  - Schedule a meeting with Dr. Woodruff in the early summer
Applying to Residency

Putting together your application…

and the people who will help you do it
Steps in Applying to Residency

• Get to know the career advising team
• Select a specialty advisor
The Career Advising Team

Associate Dean of Students
Jim Woodruff, MD

Coggeshall Career Advisors
• Brian Callender, MD’04, AM’98
• Mindy Schwartz, MD

DeLee Career Advisors
• Chelsea Dorsey, MD’10
• Tipu Puri, MD, PhD

MSPE Director
• Barrett Fromme, MD, MHPE

Huggins Career Advisors
• Arlene Roman, MD
• Ross Milner, MD

Rowley Career Advisors
• Wei Wei Lee, MD, MPH
• Jason Poston, MD’02

Support staff
• Rebecca S. Silverman
A Career Advisor provides primary care:

- Counseling & navigation of the entire match process
- Honest assessment of your overall competitiveness, strengths and weakness
- Assigned to you

A Specialty Advisor provides specialty care:

- Advice on individual programs & potential letter writers
- Understands nuances of specialty application process
- Chosen by you
Career Advisor Limitations

• Never worked in specialty
  – May have excellent observations about specialty, but no direct experience

• May miss application nuances
  – Each specialty has their own style
Specialty Advisor Limitations

• Specialty Loyalty
  – May not be able to assess your relative competitiveness
  – May not understand nuances of today’s application requirements

• Recruiter Mentality
  – Promote their favorite programs
## Assembling your Team

<table>
<thead>
<tr>
<th>April – June</th>
<th># 1 Career Advisor Check-in: Career Selection</th>
</tr>
</thead>
<tbody>
<tr>
<td>May – June</td>
<td>Complete Online Residency Application Survey</td>
</tr>
<tr>
<td>May – June</td>
<td>Specialty Advisor Appt.</td>
</tr>
<tr>
<td></td>
<td>Bring to the meeting:</td>
</tr>
<tr>
<td></td>
<td>• A draft of your personal statement</td>
</tr>
<tr>
<td></td>
<td>• A draft of your CV</td>
</tr>
<tr>
<td>May – July</td>
<td>MSPE Appt.</td>
</tr>
<tr>
<td></td>
<td>Prior to the meeting:</td>
</tr>
<tr>
<td></td>
<td>• Send CV draft</td>
</tr>
<tr>
<td></td>
<td>• Residency Application Survey MUST be completed</td>
</tr>
<tr>
<td>June – Aug.</td>
<td># 2 Career Advisor Check-in: Application</td>
</tr>
<tr>
<td>July – Aug.</td>
<td>MSPE Review</td>
</tr>
<tr>
<td>Aug. – Sept.</td>
<td># 3 Career Advisor Check-in: Interview</td>
</tr>
<tr>
<td>Jan. – Early Feb.</td>
<td># 4 Career Advisor Check-in: Rank list</td>
</tr>
</tbody>
</table>
Components of an Application

• Application (ERAS, SF Match, etc.)
• USMLE Scores
• Letters of Recommendation
• Personal Statement
• Medical Student Performance Evaluation (MSPE)
• Pritzker Transcript
• ERAS Photo
Letters of Recommendation

- 4 letters allowed per program
  - 3 clinical letters (1 may need to be a Chair’s letter)
  - 1 research letter (only if appropriate)
- Provide letter writers with the following:
  - ERAS Letter Request Form
  - Draft of CV
- Give faculty at least 6 weeks notice
  - September 1st deadline

See “The Residency Process” book for specialty-specific information
Personal Statement

Thinking about and drafting your PS early in the process…

• Helps you:
  – Figure out your career/specialty choice
  – Articulate what you like about the specialty, which will be beneficial during interviews!

• Helps your letter writers:
  – Have a more meaningful conversation with you when you ask for a LOR
  – Understand what points about you to highlight in the LOR

• The personal statement is probably the hardest piece of your application – start early for the best results!

See “The Residency Process” book for strong examples
Personal Statement Workshop

Personal Statement Workshops

With Jim Woodruff, MD

Wednesday, **May 29**, 5 pm, J-103

or

Monday, **June 6**, 5 pm, J-103

(choose one)
Steps in Applying to Residency

- Get to know the career advising team
- Select a specialty advisor
- Begin MSPE process
What is the MSPE?

Medical Student Performance Evaluation

• Review of student’s medical school experiences and noteworthy characteristics

• Academic history
  – Pritzker Honors and Awards
  – Summary evaluation from Clinical Skills
  – Summary evaluations from all required clerkships

• Overall summary

• Appendices
What is the role of the MSPE director?

- Meets with each student to discuss the residency application process and gather information for the Medical Student Performance Evaluation (MSPE)
- Works with staff on MSPE construction
- Reviews MSPE with student

Sign up via the link that Rebecca will send out
What is in the MSPE?

- Clerkship summaries are most important aspect of the MSPE
- Professionalism comments are highlighted
- Summary statement based on overall clinical performance

See “The Residency Process” book for an example of an MSPE (p. 51)
What we need to complete your MSPE

• Complete biographical data on Residency Application Survey (we will send in mid-April)

• A scheduled MSPE meeting with Dr. Fromme in spring/summer
  – MSPE written in order of survey completion/MSPE meeting

• A draft CV (template online)

• Your noteworthy characteristics sheet

• Clinical Clerkship Grades

Let us know immediately if you are doing an away rotation
Residency Application Survey—Used to Construct MSPE
ERAS/Graduation Photos

- You **must** submit a photo with your ERAS application
- Five dates throughout the summer where you can get your photo taken on campus by the team at UChicago Creative
- Even if you already have a professional photo, you still need to get one taken by UChicago Creative because we use them for the graduation composite
ERAS/Graduation Photos (after shelf exams)

Dates:

- May 11, 12-2 pm
- May 25, 12-2 pm
- June 22, 12-2 pm
- July 20, 2-4 pm
- August 3, 2-5 pm

Dates were chosen to accommodate your schedule.

Sign up at http://uchicagocreative.schedulista.com/

(link on Residency Resources page of website)
Residency Resources

2018-19 Instruction Books
- The 2018-19 Residency Process Book
- ERAS User Guide, Check List, and FAQ
- FAQs about new residencies in Interventional Radiology

Match Websites
- ERAS - Electronic Residency Application Service
- NRMP - National Resident Matching Program
- AUA Match
- SF Match
- Info on the EM Standardized Video Interview

Letter of Recommendation Information
- Memo and FAQs for LOR Authors about ERAS LOR procedures
- LOR User Guide for Authors

Sample CV and MSPE Information
## Complete your Application

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>June-August</td>
<td>Ask for letters of recommendation</td>
</tr>
<tr>
<td></td>
<td>Organize your CV (use the template)</td>
</tr>
<tr>
<td></td>
<td>Complete your personal statement</td>
</tr>
<tr>
<td>June</td>
<td>Receive your token &amp; register for ERAS</td>
</tr>
<tr>
<td>June-September</td>
<td>Complete the MyERAS application</td>
</tr>
<tr>
<td>September 15</td>
<td>Review MyERAS application carefully and submit</td>
</tr>
<tr>
<td>Late September</td>
<td>Register with the NRMP</td>
</tr>
</tbody>
</table>
Steps in Applying to Residency

- Get to know the career advising team
- Select a specialty advisor
- Begin MSPE process
- Select programs for application
Choosing Programs to Send Applications

• Considerations:
  – Your list should have breadth and depth – give yourself plenty of options from the start!
  – Is there a preliminary program requirement?
  – Anesthesiology, Dermatology, Neurology, Ophthalmology, PMR, Rad-Onc, Radiology
  – Competitiveness
  – Quality of the program
  – Your own qualifications
  – Geography
  – Family

Your specialty advisor is instrumental in creating this list
Uncertainty and Patient Care

• Working with Uncertainty:
  – Do your homework (minimize uncertainty)
  – Account for less than total control (manage uncertainty)
Uncertainty and the Match

ESTIMATED Program Competitiveness

Y = X

ESTIMATED Student Competitiveness
Uncertainty and the Match

ESTIMATED Student Competitiveness

ESTIMATED Program Competitiveness

Y ≅ X
Uncertainty and the Match

ESTIMATED Student Competitiveness

High

Low

ESTIMATED Program Competitiveness

Low

High

Probability

Y ≅ X
Uncertainty and the Match

• Working with Uncertainty:
  – Do your homework (minimize uncertainty)
  – Account for less than total control (manage uncertainty)
Doing your Homework (Minimizing Uncertainty)

- Timely completion of application
- Careful attention to your personal statement
- Careful selection and management of your letters of recommendation
- Research target programs
- Access advice from advisors to refine all documents and the program list
Account for Uncertainty

Estimated Candidate Competitiveness $\cong$ Estimated Program Competitiveness

High

Candidate

Low

Program
Account for Uncertainty

Estimated Candidate Competitiveness

High

Low

Estimated Program Competitiveness

Candidate

Program
Steps in Applying to Residency

- Get to know the career advising team
- Select a specialty advisor
- Begin MSPE process
- Select programs for application
- Apply!
MS4 Class Meeting #1

Residency Application Overview

Monday, June 4
5 pm
BSLC
MS4 Class Meeting #2

ERAS Overview

Wednesday, July 5
5 pm
BSLC
Steps in Applying to Residency

- Get to know the career advising team
- Select a specialty advisor
- Begin MSPE process
- Select programs for application
- Apply!
- Interview
- Rank your programs
- Graduate
MS4 Class Meeting #3

Interviewing for Residency

Tuesday, September 25

5 pm

BSLC
MS4 Class Meeting #4

Preparing your Rank List

Tuesday, January 22
5 pm
BSLC
The Career Advising Team

Is available to help at any point in the process

Has your best interest at heart

Believes in you and will be your advocate

Where to Apply
Spring Quarter To-Do List

- Participate in the Lottery
- Complete annual OSHA requirements
- Fill out Careers in Medicine Medical Specialty Preference Inventory (MSPI) and Personal Values in Practice (PVIPS) scales
- Schedule meeting with your career advisor sometime this quarter (April-June)
- Review the Residency Process Book
- Fill out the Residency Application survey (May-June)
- Sign up for ERAS/Graduation photo
- Start putting together your CV
- Start drafting your personal statement
- Meet with Dr. Fromme for MSPE Meeting (May-July)
- Mark your calendar: June 4, MS4 Class Meeting #1!
MS4 Class Meetings

June 4  
#1: Residency Process Overview

May 29 and June 6  
Personal Statement Workshops (choose one)

July 5  
#2: ERAS Overview

September 25  
#3: Interviewing for Residency

January 22, 2019  
#4: Constructing your Rank List
Uncertainty and the Match

Program Competitiveness

High
Low

Student Competitiveness
Low
High

Y = X
Match Day: March 15, 2019!