Welcome and Announcements

Jim Woodruff, MD

- **Match Survey**
  - We would like your permission to release your Match results both at Match Day (to your classmates and PSOM officers) and in the Divisional Academic Ceremony program (to all attendees)

- **Residency Survey**: please give it one final once-over to make sure your data is updated

- Beat the Blues: **February 1, 6 pm**, Reynolds Club

- GHHS Induction: **February 12, 6 pm**, Bond Chapel

- Check out other important dates at the bottom of the agenda

Curriculum Updates

Paige Fairchild, MPH

- Complete by **March 29 at 12:00 pm**
  - Structured abstract
  - E-Poster (must match abstract)
  - Short reflection survey
  - Final chance to confirm your participation in Senior Scientific Session

- If the new project you aimed to do during your fourth year did not work out, we can discuss adjusting your credit units and options for presenting

- If you are exempt from S&D but still want to participate in Senior Scientific, we will send out more details

- See agenda packet for full details

Financial Aid

Richard Wilson

- Remember, **it is easier to structure your debt now than during internship**—you have access to world-class financial aid advice here!

- Sign up for your **financial literacy and debt management meeting**—an email went out with a link to the Google sheet sign-up on 1/22/19

- Exit loan counseling for institutional Med Loans—look out for an email from the Bursar’s Office

- You can adjust your loans up to May 31

- After Match Day when you have a clearer sense of where you are going, you can begin to budget for travel expenses. If you need help with that, contact our office.

Pritzker Chiefs
We are going to play Whirlyball this weekend! This is very pressing.

Monday, 1/28: rescheduled i2i Climate Survey meeting in BSLC 109 at 5 pm

We are re-sending the Match Week ideas survey; please volunteer to help out with executing these events

We are brainstorming ideas for a memorial gift for Dr. Wong; let us know if you have ideas

AAMC GQ (Graduation Questionnaire): the most important survey of med school; if we get above 95% (don’t let us down! All other classes before you have reached that goal!) you will get a brunch during Match Week and your name will be entered into a raffle for a diploma frame

2/28: all-school talent show; sign up with your talent! It will be at the Revival

Graduation speaker is Holly Humphrey, MD’83!

PREPARING YOUR RANK LIST
Jim Woodruff, MD

(See slideshow for full details)

Principles to consider

- **Do the right thing**—the thing that is comfortable for you. You are probably receiving a lot of advice; keep this advice in perspective with what you really want and make sure your list represents *you* and not the advice-giver. Pay attention to what makes you uncomfortable about a program, even if other peers loved that program. You have permission to use lots of criteria—geography, support, family—not just reputation of the hospital, when building your rank list.

- **Don’t get distracted.** You are juggling a lot of activities; give yourself time to be thoughtful about your rank list. There is no "silver bullet" that will instantaneously make everything clear.

- **There really is more than one program that is right for you.** It is very easy to get attached to your number 1 program, so try instead to think of programs in groups—a top group, a middle-tier group, etc.

- Remember that you are applying for a job. **Commit to thrive wherever you go.** There is more than one way to judge the outcome of Match Day.

- NRMP and Match Violation reminders
  - This is a **binding** commitment to show up where you match.
  - The institution has to have all of their positions in the Match; it is a violation for programs to offer you a position outside of the Match.
  - Programs cannot ask you to tell you where you are ranking them, and vice versa.
    - It is OK to tell a program they are your #1, but only tell one program that.
• It is not required to tell any programs they are your #1.
  o A week after Match, they get a list with where everyone on their rank list matched.

• Match communications
  o It is not uncommon for programs to contact you telling you they are interested in you.
  o These are not binding.
  o These do not have any standing when rank order lists are submitted.

• The Ranking Process
  o January 15: Rank order list entry opened
  o January 31: Preliminary and transitional year program quotas may fluctuate, but all programs’ number of positions will be finalized on this day.
  o February 20: Ranking closes at 8 pm CST. Do NOT wait until the last minute because the website will freeze.

  • February 20—Rank list closing
    o Do NOT get dangerously close to the deadline of 8 pm CST
    o The system will get overloaded
    o Last-minute decisions are NOT the best decisions
    o If 8 pm comes and your list is not certified, you are not in the Match and we cannot get you back in
    o Finalize and certify your rank lists by Valentine’s Day
    o Do not go back into your list and change it around once you have finalized it
    o Print it out/take a screenshot after you have certified it

  o March 8: You will get an email telling you that you are eligible for the SOAP (this does not mean you have not matched! It just means you are eligible to participate in the SOAP should you have to.)
  o March 11: You can find out if (but not where) you have matched online at 10 am CST
  o March 11: Unfilled programs will be disclosed to SOAP participants at 10 am CST
  o March 15: Match Day festivities start at 10 am; envelopes can be opened at 11 am

• We cannot see your list, but we can see who is and is not certified. You will hear from us after February 14 if you have not certified your list.

• Fees
  o If you are ranking as an individual or a couple, you can rank 20 unique programs free; after that, it costs $30/program
  o Couples: $15 more per partner

• Logistics
MS4 Meeting #4: Preparing Your Rank List
Minutes, Tuesday, January 22, 2019

- Please see slides 15-28 for screenshots, and the NRMP tutorials
- The supplementary list tab is for those of you who have preliminary or transitional programs
  - You can create multiple supplemental lists where you can arrange programs to correspond to your primary list
- Double-check program codes with your applications
  - Tracks within a program count as separate programs to list on your rank list (look for unique NRMP codes) and will count toward your complimentary 20 programs
- When you get to the bottom of your primary list, you can list programs from your supplemental (preliminary/transitional) lists just to ensure that you match into a preliminary program
- If you are concerned about not matching into a preliminary program, list your categorical/integrated programs first
- Couples’ matching: set up an appointment with Dr. Woodruff so he can go over strategies and logistics with you (even if your partner is not at Pritzker)
- **Each time you change your rank order list, you must click the “Certify” button**
- Print or screenshot a copy your certified list
- Again, our office can see if you have certified your list, but we cannot see your actual list
- You will receive an email from the NRMP saying you have certified your list

### Strategy
- The Match is set up to work in your favor: they start with where the applicant wants to go first
- Aim high, rank all programs—there is no mathematical penalty for aiming high, and it will not disadvantage your chances getting into programs in the middle part of your list. The programs will not know where you rank them.
- Take advantage of your 20 free programs. **The number 1 reason students do not match is because they did not rank enough programs.**
- Do not wait until February 20 to certify your list!!
- On average, matched students had about 12 programs on their rank order list (versus 7 programs listed for unmatched students). Do not listen to people who tell you to it is OK to leave out programs at which you interviewed.
MS4 Meeting #4: Preparing Your Rank List
Minutes, Tuesday, January 22, 2019

When should you not rank a program?
- Only if you would rather go unmatched than go to that program.
- Going through the SOAP is not a deliberate strategy.
The odds of being successful in the SOAP are low—much lower than in the regular Match.

- **Summary**
  - Think in groups of programs (top group, middle tier, safety)
  - Certify your list by February 14
  - Complete all steps and remember to click "Certify"
  - Trust yourself

- **Getting your results**
  - Friday, March 8: you will receive an email saying you are eligible for the SOAP.
    - **DO NOT PANIC**
      - It does not mean you have to go through the SOAP; it is just a formality
  - Monday, March 11, 10 am: You can log into the NRMP site to see if you have matched
    - We are notified about unmatched students 30 minutes prior to when you find out, and we may try to reach you at that point. **Please let us know the best way to reach you that week. Do not plan to be out of the country.**
  - SOAP
    - It is not a second match. It is a series of offers and it works in favor of the program’s preferences.
    - It progresses in a series of rounds.
    - Applicants may receive multiple offers in each round.
    - Positions offered are binding and enforced by the Match Participation Agreement.
    - **If you are in the SOAP, our office will invite you in and work with you that week.** We close the offices for the week of the Match and invite Career Advisors and other faculty to guide you through the process.
    - The SOAP is binding.
  - Match Week schedule
    - Monday, March 11, 9:30am CST: PSOM gets unmatched seniors report
    - Monday, March 11, 10:00am CST: Applicant “Did I Match?”, Program “Did I Fill?”, SOAP unfilled positions on Web
    - Tuesday- Thursday: Applicant/program communication through SOAP; SOAP offers extended
    - Friday, March 15, 10:00am CST: Match Day ceremonies begin (P-117)
    - Friday, March 15, 11:00am CST: Students open Match Day envelopes
    - Friday, March 15, 12:00pm CST: Match results posted on NRMP website

- **FAQs**
  - I loved almost all programs I saw. How do I decide where to go?
This is a good position to be in!
- Ask yourself *why* you love the places: sort reasons into personal and professional categories.
  - Decide which reasons are priorities.
  - Then, evaluate programs based on your priorities and not just, "I had a good interview day there."
- This is only 3-7 years of your life; while that might seem long, it's not forever.
  - Do not think that there is only one program where you can get trained; that is a fallacy.
- Talk to other people about it; in talking about it, you may answer your own questions.
  - How do I decide where to put the U of C on my list?
    - You have no obligation to the U of C. If this is not the best place for you, and if you could get better training elsewhere, you should feel no obligation to rank it highly.
    - On the flip side, you should also feel no obligation to go somewhere else just because you “should”. Moving to another place takes time, money, and energy. You know the institutional culture here. However, you will learn medicine anywhere you go.
    - If you feel like you belong here, do not talk yourself out of that.
    - You have more transparency about our programs that you do not have in other programs, so account for that.
  - How much should I value personal life over professional opportunities?
    - This is a decision to make together with the important people in your life, if their interests are tied with your own.
    - Setting up a dichotomy between both sides is ineffective; it may be better to reconcile both priorities and put everything in one list and order them by priority. Often, priorities can be merged.
    - Sometimes people will say, “X is good for my personal life, but Y is a better program”. This is another false dichotomy; in reality, things overlap; are they really that disparate in terms of professional opportunities? It is a combination of the personal and the professional that will make you happiest.
    - Some of your classmates will be more concerned with professional gain; others will be more geared towards personal decisions. Either is fine but do not feel like you have to be swayed by your peers’ motivations.