



Welcome and Announcements

Jim Woodruff, MD

- GHHS Induction: **February 4, 6 pm**, Bond Chapel

Curriculum Updates

Rachel Wolfson, MD

Complete by **March 27 at 12:00 pm**

- Structured abstract
- E-Poster (must match abstract)
- Short reflection survey
- Final chance to confirm your participation in Senior Scientific Session
- Mike McGinty will send link to students to upload documents
- The abstract and e-poster should come from the SAME project. For Arnold/Fentress recipients, this must be your Arnold/Fentress work. If you plan to present at Senior Scientific, this must be the work you intend to present in that venue. You will be prompted to indicate if the project submitted is NOT your most complete work, and you will have an opportunity to upload that work in addition.
- The week of **April 13** track leaders will review materials and provide prompt feedback to those presenting at the Senior Scientific Session
- See [agenda](#) packet for full details

Financial Aid

Richard Wilson

- January **financial literacy and debt management sessions** are still available. February dates will be sent soon
- Remember, **it is easier to structure your debt now than during internship**—you have access to world-class financial aid advice here!
- 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 29**
- 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.
- **March 4th** we will hold a presentation with a AAMC representative on Loan Repayment Options and Financial Advice
 - We will discuss financial tools and resources to manage transition from medical school to residency
 - Question: Will this meeting provide clear steps for applying for Income-Based Repayment Plan?

- No, but you can contact your loan servicer to speak about repayment options. Also, Richard is happy to speak more about this topic individually with students
- Jim and Financial Aid Office happy to plan a session for students on retirement planning similar to the one given to residents

Pritzker Chiefs

Kathryn Nutting and Tyrone Johnson

- Graduation speaker is Wafaa El-Sadr, MD, MPH, MPA
- Match Week ideas and t-shirt design surveys sent to class via email, please respond to the survey and volunteer to help out with executing these events
- February 1 is the Pritzker Formal, if you have not already done so please purchase your tickets
- MS1 and all-school **talent show** have been combined; sign up with your talent! It will be at the Revival

PREPARING YOUR RANK LIST

Jim Woodruff, MD

- (See [slideshow](#) for full details)
- Residency Advising Tool
 - Please update your residency interview survey.
 - Survey will close January 31, 2020
 - National databases don't account for all factors that are important when advising Pritzker students including reputation of the medical school, structure of Dean's letter, grading system, advising and networking on behalf of our students, quality of research experiences, residency application preparation, etc.
 - The **Residency Advising Tool** is important for not only advising current Pritzker students but will be essential to advising future Pritzker students
 - This database is used when students meet with career advisors regarding strategies for applying to residency programs
 - We have accumulated data via this survey for 3 years (this is the 4th class)
- 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. Make authentic choices.

Unless someone understands your values they will not help you make an authentic choice for residency

- **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. It is dangerous to get too attached to one house before negotiations. You may actually end up paying more for that house than you can afford because you fell too fast. It is the same logic for being overly attached to one program
- Remember that you are applying for a job. **Commit to thrive wherever you go.** You will be successful wherever you go and you will need to make adjustments—this is true even for your first choice. Now is the time to reflect on how to be happy moving forward. 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
 - For the program and for you. You must begin the program and remain active in the program for at least **45 days**
 - 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
 - Quid pro quo actions and communications are violations of the Match.
 - Such as “if you rank us #1 we will rank you high on the list as well.”
 - A week after Match, they get a list with where everyone on their rank list matched
- Match communications
 - It is not uncommon for programs to contact you telling you they are interested in you
 - These are **not binding**
 - Several years ago a student received communications from a program that they were highly interested in the student. Student purchased a home on the East Coast near the program after receiving these communications but was not matched at that program
 - These do not have any standing when rank order lists are submitted.
- The Ranking Process
 - January 15: Rank order list entry opened

- January 31: Preliminary and transitional year program quotas may fluctuate, but all programs' number of positions will be finalized on this day
 - You check the NRMP for the exact number of positions will offer on January 31
- **February 26:** Ranking closes at **8 pm CST**. **Do NOT wait until the last minute because the website will freeze.** We advise students to certify their rank list by **February 14th**
- Your rank list can be entered in 1 or more sessions. You can log out and back in before certifying your list

- **February 26—Rank list closing**
 - Do NOT get dangerously close to the deadline of 8 pm CST
 - The system will get overloaded
 - **Last-minute decisions are NOT the best decisions**
 - If 8 pm comes and your list is not certified, **you are not in the Match and we cannot get you back in**
 - Finalize and certify your rank lists **by Valentine's Day**
 - Do not go back into your list and change it around once you have finalized it
 - If for whatever reason you do make changes to your rank list, you **MUST RECERTIFY** your list. The system will NOT default to your last certification and you will not have a certified match list.
 - Print it out/take a screenshot after you have certified it. This can be useful in case you have to provide evidence to the NRMP later.

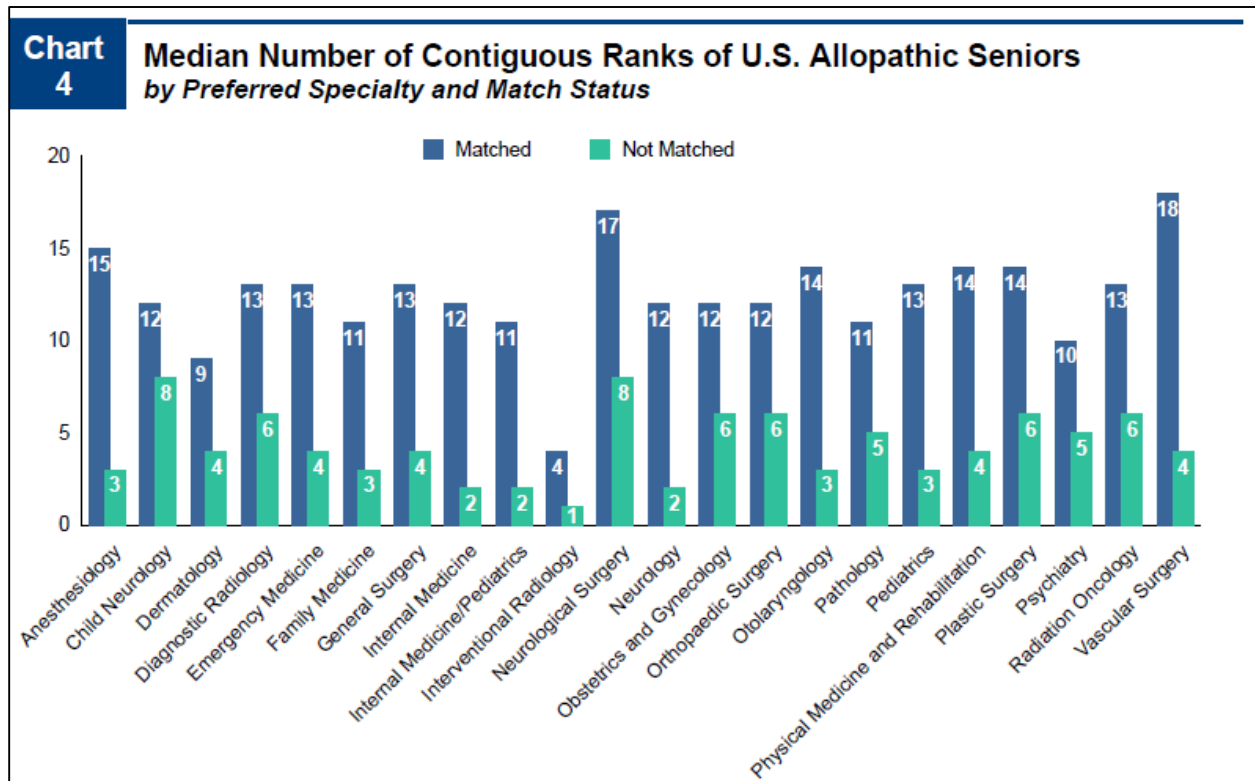
- March 13: **You will get an email telling you that you are eligible for the SOAP** (this does not mean you have not matched! It just means you are eligible to participate in the SOAP should you have to)
- March 16: You can find out if (but not where) you have matched online at 10 am CST
 - Pritzker does not have additional information on where you
- March 16: Unfilled programs will be disclosed to SOAP participants at 10 am CST
- March 20: 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
 - If you are ranking as an individual or a couple, you can rank 20 unique programs free; after that, it costs \$30/program
 - Couples: \$35 more per partner

- Logistics
 - Please see slides [23-36](#) for screenshots, and the NRMP [tutorials](#)
 - The slides may look slightly different from the current NRMP interface (which changes periodically) but the information we provide is still accurate
 - 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
 - You can create separate supplemental lists based on the geographical region of programs and can rename the lists after the city i.e Chicago list, Boston list, and NYC, etc.
 - 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
 - Program codes can be found in ERAS
 - 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 match into a preliminary program you cannot go into SOAP this year for a different 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 26 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.

Year	Matched US Seniors		Unmatched US Seniors	
	Number (%)	Avg ROL	Number (%)	Avg ROL
2009	13,560 (94%)	9.59	858 (6.0%)	6.27
2010	13,920 (94%)	10.17	896 (6.0%)	6.83
2011	14,466 (94.7%)	10.55	817 (5.3%)	6.36
2012	14,477 (95.6%)	10.93	670 (4.4%)	6.52
2013	15,099 (94.2%)	11.04	929 (5.8%)	6.58
2014	15,117 (95%)	11.68	796 (5.0%)	6.80
2015	15,512 (94.3%)	11.72	940 (5.7%)	7.15
2016	15,714 (94.3%)	11.97	950 (5.7%)	7.11
2017	15,950 (94.7%)	12.14	889 (5.3%)	6.61
2018	16,165 (94.7%)	12.49	911 (5.3%)	6.84

<http://www.nrmp.org/main-residency-match-data>



<http://www.nrmp.org/main-residency-match-data> Charting Outcomes in the Match 2018 (US allopathic srs)

- **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
 - The Match typically works in your favor. If you rank a program #1 and that program ranks you highly you will likely match into your first choice. Your chances of matching into your top program decreases when the program does not rank you high (in essence you are bumped off by people who the program did rank high). Same happens with your #2 choice. You have an equivalent chance to match into your #2 program

- Getting your results
 - Friday, March 13: 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 16, 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 16, 9:30am CST: PSOM gets unmatched seniors report

- Monday, March 16, 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 20, 10:00am CST: Match Day ceremonies begin (Ida Noyes)
 - Friday, March 20, 11:00am CST: Students open Match Day envelopes
 - Friday, March 20, 12:00pm CST: Match results posted on NRMP website
- FAQs
 - I loved almost all programs I saw. How do I decide where to go?
 - You have to establish values and then determine if that program fits those values. Do not be dissuaded by other programs that offer shiny objects and incentives. If your values were important before that should be factored into your ultimate decision
 - It is like dining at a good restaurant. You will still eat well no matter which entrée you choose
 - 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
 - In 5-10 years whether or not you got your top choice will not matter. The only thing that will matter is that you received good training. It is not a contest
 - How do I decide where to put the U of C on my list?
 - U of C should go through the same processes as other programs that you are looking at for residency. You may know a little more about U of C but you should weigh all of your options
 - 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
- You can come back to U of C after your training. There will be no hard feelings from programs if you decide to not stay here
- 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
 - In my mind, there is no separation between valuing personal life and professional. You should make this decision taking into account if this program will fit with my personal life i.e. can I get married, start a family, etc. while in this program

Reminders:

- Please complete the Residency Interview Survey by Friday, January 31st
- The AAMC Graduation Ceremony opens on February 14th
 - Your feedback on this national survey is important as it helps to inform programs and strategies we employ with future classes
 - Historically this survey yields a high response rate from Pritzker students
 - Once you complete the anonymous survey you can screenshot your completion screen to Shanetha Thomas. You will then be entered into the drawing to receive a diploma frame at Match Day!