

Important Dates:

- Please return to the [Road to Residency](#) website on a regular basis to keep track of important dates in this fluid year. They are also on slide 4 of Dr. Woodruff's presentation

Residency Updates

- Take your ERAS/Graduation photos. Details will be available in the next week
- If you have questions, be sure to sign up for ERAS office hours with Dana on Thursday mornings from 8:00 – 11:00am. A doodle poll will be sent out every Monday. These office hours are for more in-depth discussion of your application. Feel free to send in quick questions as they occur proximally.

RESIDENCY APPLICATION OVERVIEW

Please review the slideshow for a complete review of the meeting; the following notes are meant to expand on certain slides.

- **Important things to start with**
 - Two organizations you have to interact with
 - ERAS (Electronic Residency Application System)
 - The NRMP (National Residency Matching Program)
 - Two dates to remember
 - October 1 (date we expect your application to be complete—3-weeks of padding)
 - October 21 (date that applications are transmitted to programs)
- **Slides 4-6:** Please review all timelines and deadlines
 - Do not wait until the last possible moment to submit and certify your application.
- **Slide 7-9:** All necessary paperwork and references are posted on the Residency Resources page on our website.
- **Slide 10-12:** Determine your priorities through researching programs online, and through talking to faculty, residents, career advisors, and recent alumni
- **Slide 14:** For preliminary year advising, you can go to your career advisor or faculty in that specialty (internal medicine; for transitional program, we have a contact at NorthShore)
- **Slide 15:** Apply broadly, *then* narrow down your list. Do not narrow it before you are offered interviews. Create groups of goal programs, realistic programs, and low-risk programs—this is not the time to be picky.
 - If a program you really want offers both categorical and advanced programs, apply to both—don't cut your options short. You can decide how to rank them later, once you interview.
 - It is reasonable to keep your personal lives as priorities as you research residency programs. Don't feel like you have to prioritize reputation if personal or family priorities are also important.
 - You define what "quality" is—a high-quality program for one student may be less desirable for another.
 - You may also want to have a low risk or back-up specialty if you are applying in a very competitive specialty. This is a decision that you should discuss with your career advisor or Dr. Woodruff.

- **Slide 18:** Personal statements: tell the program about *you* and why *you like the discipline*; do not talk about the discipline itself
 - For instance, do not say, something like, “I like Internal Medicine because is a field that provides comprehensive care to patients over a long period of time...”
 - Instead, say, “I am interested in the field of Internal Medicine because when I did my clerkship, I met a patient who... and that experience taught me...which ended up being incredibly meaningful to me because...”
 - This shows more about you as a person and introduces you to the reader
 - The personal statement can also prepare you for the interview process by forcing you to think about your priorities and your motivations
 - Make sure that your career advisor reviews your personal statement. Do not submit a personal statement that has not been reviewed by at least your career advisor.
- **Slide 19:** Your CV = Your ERAS Application
 - All material in your CV gets put into your ERAS application, which is why we review it for you
- **Slide 20-26:** LORs
 - Requesting an LOR is both verbal and written: you ask the faculty member (in person if possible, but we recognize that this year poses challenge) if they can write you a **strong** LOR,
 - If the faculty members says, “yes,” you then email them a Letter Request Form, along with your CV and Personal Statement (it is OK if they are drafts). If they say no, that’s OK—you’d rather not have their letter; it will not be very strong.
 - A template email is written and available on the Road to Residency website.
 - Faculty members expect to hear from students about writing LORs; ask and ask early, without being nervous
 - Ask face-to-face if possible. It allows you to demonstrate professionalism and respect, and to engage in a conversation about your goals.
 - Reminders are OK—once you do your initial ask, you can send a reminder two weeks before 10/1 to confirm the deadline and ask if they need more information
 - Only in certain circumstances should you ask for more letters than you might use. Our faculty are busy and if they take the time to write you a letter, it should be used in your application.
 - The faculty member uploads the LOR directly to ERAS
 - PSOM staff cannot see the LOR, but can see whether it has been uploaded
- **Slide 27:**
 - Aim for 3 clinical letters; you really only need 4 if you did a research year or a PhD program
 - For EM, you need 2 clinical letters plus the SLOE/SLOR, which counts as a Chair's letter
 - Letters from NorthShore faculty are fine
- **Slide 28:** When you approach a faculty member to write a Chair’s letter, tell them upfront you would like them to write the Chair’s letter

- **Slide 30:**
 - 1) Only programs read your LORs; neither you nor Pritzker staff can read them
 - 2) Sending a draft of your CV and personal statement when you ask for an LOR is most helpful—faculty probably will not remember to start thinking about writing your LOR until they have those items in front of them. You can ask them if you can send them a reminder at some point
 - 3) If you do not hear back, work with your Career Advisor or Dr. Woodruff to prompt the letter authors. It is OK if your LORs come in after the 10/1 deadline, but it is crucial that you have a complete application by October 21, given that the review and interview season is significantly shortened.
- **Slide 36-37:** Now is not the time to limit your list; you can always narrow your list of programs once you begin getting interviews. Apply broadly and err on the side of caution.
 - When we encourage you to add “low risk” programs, it is not because we do not have faith in you. It is because we want to maximize everyone’s odds of matching.
- **Slide 38:** Again, **focus on the things you can control**. There will be uncertainties in this process, so assemble your materials the best you can and know that you did your highest quality work.