Residency Application Overview

MS4 Class Meeting #1
August 3, 2020
Applying to Residency: Summer into Fall

Agenda

• Timeline
• Deciding where to apply
• Components of your application
• Words of Wisdom
Timelines and Deadlines
Important Dates

- **9/1/2020:** ERAS opening to certify and submit applications to residency programs
- **9/15/2020:** San Francisco Match (ophthalmology) application deadline
- **9/15/2020:** NRMP registration opens
- **10/1/2020:** LORs submitted
- **10/21/2020:** **MSPES released & Residency Programs begin application review**
- **11/6/2020:** All Urology program interview offers extended (must accept or decline by Monday, 11/9)
- **12/1/2020:** PSOM deadline for USMLE Step 2 CK
- **1/12/2021:** AUA rank list deadline
- **1/25/2021:** San Francisco Match (ophthalmology) rank list deadline
- **1/31/2021:** NRMP applicant registration deadline
- **2/1/2021:** Urology and Ophthalmology match results released
- **3/3/2021:** **NRMP rank order list certification deadline**
- **3/19/2021:** MATCH DAY

**Timelines and Deadlines**
# Timeline: August - September

<table>
<thead>
<tr>
<th>Period</th>
<th>Tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>August</strong></td>
<td>Register for ERAS (tokens emailed to you in spring)</td>
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<tr>
<td></td>
<td>Organize CV (follow template) &amp; send updates to Dana</td>
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<tr>
<td></td>
<td>Ask for Letters of Recommendation</td>
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<td>Sign up for your ERAS/Graduation photo</td>
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<tr>
<td><strong>August – September</strong></td>
<td>Write your Personal Statement</td>
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<td>Send a draft to your career and specialty advisors for review</td>
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<td></td>
<td>Edit your ERAS application to near completion</td>
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<tr>
<td></td>
<td>Register for the NRMP (you must register for <strong>both</strong> ERAS and NRMP)</td>
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*This timeline is designed for students applying through the regular match.*
# Timeline: September - October

| September – October | MSPE Review  
|                     | Continue to edit your ERAS application  
|                     | LORs uploaded  
|                     | Take your ERAS and graduation photo  
| October 21         | MSPEs released  
|                     | Certified ERAS applications sent to programs
Residency Process Book

- Advising calendar and deadlines
  - Please check the website for up to date timelines
- Career Advisor contact info
- Checklists
- Sample CV
- Sample ERAS application
- Sample MSPE and MSPE appendices
- Sample personal statement
- Specialty-specific guidance
Residency Resources

AAMC Covid Updates

- Specialty Response to COVID-19
- Ophthalmology SF Match New System and Timeline
- Urology Match Timelines
- O-SiOE letter for EM: Newly implemented 2020 standardized letter of evaluation for Off-Service or Rotation
- Emergency Medicine: 2020 statement from EM Academic Bodies on Advising Students

ERAS - Electronic Residency Application Service

Residency Resources

- Class of 2021 Calendar
- Process and Data
- Match Website
Where to Apply
Resources for Researching Residencies

- Pritzker Faculty
- Current Residents
- Pritzker Alumni
- FREIDA Online
Choosing a Program

Considerations:

- Family
- Geography
- Your own qualifications and abilities
- Quality of the program
- Preliminary program requirements
- Breadth and depth of list

Your Specialty and Career Advisors can be instrumental in helping you create a list.
Do I need to apply for a prelim year?

**Categorical**
- Begins in PGY-1 and offers full residency training required for board certification in that specialty

**Advanced**
- Begins in PGY-2 and are in specialty programs that require completion of 1 year of preliminary training

**Preliminary**
- Begins in PGY-1 and offers 1 year of training prior to entry into advanced specialty

**Transitional**
- PGY-1 year that is similar to a “rotating” internship
Specialties that **may** require a preliminary year

- Anesthesiology
- Dermatology
- Neurology
- Ophthalmology
- PMR
- Radiation-Oncology
- Radiology
Selecting Programs and Maximizing Your Odds

Think like an investor:
Create a diverse application portfolio to mitigate risk and maximize your ROI!

Goal Programs
• Your dream program!

Realistic Programs
• You are relatively sure you will get an interview at this program.

Low-Risk Programs or Specialties
• Maximize your odds of matching by applying to back-up programs.
Components of the Application
Application Components

Your responsibilities
1. ERAS application
2. Personal Statement
3. Letters of Recommendation (LORs)
4. ERAS Photo
5. USMLE transmission (via ERAS)

Our responsibilities
6. MSPE
7. Pritzker transcript
Guidelines for Your Personal Statement

Purpose
• Introduce yourself and your voice
• Express interest in a specialty

Length
• One page
• 10-point font
• 1-inch margins
• Single-spaced

Things to Avoid
• Humor
• Obscure references
• Quotations
• Personal things you would not want to discuss in an interview

Review
• Review your Personal Statement with your Career and Specialty Advisors
# MyERAS Dashboard

**ERAS has modified dates for the 2021 Residency and Fellowship Application Cycles.**

<table>
<thead>
<tr>
<th>Application</th>
<th>Documents</th>
<th>Programs</th>
<th>Resources</th>
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<tr>
<td>Personal Information</td>
<td>Uploaded but Unassigned LoRs</td>
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<td><strong>Need Help?</strong></td>
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<td>Biographic Information</td>
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**Dana Levinson**

AAMC ID: 12156219

Email: dlevinson@stn.uchicago.edu

**Contact Us**: 202-862-4264

Monday - Friday 8am - 6pm ET

MyERAS Terms and Conditions
Documents: LORs

MyERAS  ERAS 2021 Season - Residency

Letters of Recommendation

In order for an LoR Author to upload a letter on your behalf, you MUST complete the following steps for EACH LoR that you intend to use during the application season.

1. Click Add New to enter and save LoR information.
2. Confirm the LoR entry by making the associated checkbox and selecting Only checked in the Confirm drop down list.
3. Select Download Letter Request or Email Letter Request in the associated Action columns to provide your LoR Author with the form.

You have not added any LoR Authors. Click Add New to add an LoR Author.
Documents: LORs (continued)
Documents: LORs (continued)
Confirm Letters of Recommendation

Are you certain that you want to confirm the selected LoR Author(s) for upload? Once confirmed, an LoR Author entry cannot be deleted or otherwise modified.

LoR Author(s) to confirm:

MyERAS Password: *

[Cancel] [Confirm]

To confirm an LoR Author, please complete the following steps for each LoR Author you wish to confirm:

1. Click Add New to enter and save LoR information.
2. Confirm the LoR entry by marking the associated checkbox and selecting Only checked in the Confirm drop-down list.
3. Select Download Letter Request or Email Letter Request in the associated Action column to provide your LoR Author with the form.

1 LoRs Selected

[Add New] [Search by Name, Title, Dept., or Specialty] [Confirm]
Documents: LORs (continued) | Email a Letter Request Form

Email Letter Request

To send the letter request email, please complete the following steps:
1. Review the LoR Information and Specialty for accuracy.
2. Enter the LoR Author’s email address.
3. Enter a LoR request message for the LoR Author or use the default message.
4. Click Preview to view the email details the LoR Author will receive.

LoR Information | Specialty
--- | ---
Professor of Pediatrics | Pediatrics

LoR Author’s email address: 
momme@pedi.bsd.uic.edu

LoR Request Message:
Hi Dr. Freeman,

Thank you so much for agreeing to write a letter of recommendation! I would appreciate if you could upload your letter by September 1 to ensure I can submit my application on time. This email is for my PRELIM letter. Here are the formal instructions:

I am requesting that you submit my Letter of Recommendation (LoR) to the Electronic Residency Application Service (ERAS), which transmits 552 characters to /1200.
I am requesting that you submit my Letter of Recommendation (LoR) to the Electronic Residency Application Service (ERAS), which transmits my LoR(s) to the residency programs to which I am applying.

The Electronic Residency Application Service (ERAS) Letter of Recommendation Portal (LoRP) is a centralized service that allows LoR Authors to upload LoRs for applicants applying to ERAS residency programs.

ERAS has established a set of guidelines that should be reviewed prior to writing and uploading LoRs using the LoRP.

For more information about the LoRP guidelines, additional resources, and to access the LoRP login, please visit https://www.aamc.org/services/eras/282520/lor_portal.html.

- Review the information below. If any information is inaccurate, contact the applicant directly so they can make corrections.
- Login to the ERAS LoRP to upload this letter using the unique ERAS Letter ID above.

**Applicant Details:**

- **Name:** Levinson, Dana
- **AAMC ID:** 12156219
- **Preferred Phone Number:** 7738341954
- **Preferred Email:** dlevinso@bsd.uchicago.edu
Letters of Recommendation: How many letters do I need?

Categorical Programs: 3-4 total letters
- 3 clinical letters
- 1 research letter (if appropriate)

Note: You cannot submit more than 4 letters to a single program.

Advanced Programs: 6-7 total letters
- Prelim/Transitional Year: 3 clinical letters
- Advanced Program: 3 clinical letters
  1 research letter (if appropriate)

Note: Letter writers can use the same letter for both applications, as long as they are generic in specialty.
(ie. “I recommend John Doe for your residency program” instead of “I recommend John Doe for your Pediatric residency program”)
Letters of Recommendation: Do I need a Chair’s Letter?

- Anesthesiology
- Medicine*
- Medicine-Pediatrics*
- Preliminary Medicine*
- Obstetrics and Gynecology
- Orthopedic Surgery
- Otolaryngology (Section Chief)
- Pediatrics (some programs)
- Plastic Surgery (Section Chief)
- Surgery
- Urology (Section Chief)

*Another faculty member writes the letter in conjunction with the Chair.

Emergency Medicine utilizes a “Standardized Letter of Recommendation”, and Plastic Surgery is starting to do the same. Check with your program.

If you are applying in both Preliminary Medicine and transitional programs, you could use the letters for both if they are generic in specialty.
Letters of Recommendation: Timeline

• Give letter-writers 4-6 weeks’ notice

• Letters in by October 1 (i.e., ask before August 15!)

• Track which letters have arrived by using ERAS

• Do not wait for your letters to submit your ERAS application

• Send a friendly reminder email if it has been 6 weeks and your letter has not been uploaded
Letters of Recommendation: FAQ

1. Who reads my Letters of Recommendation?

2. Do you have tips for making sure my faculty members deliver their letters on time?

3. If my letter has not been received, and it is after the 4-6 week period, what do I do?
USMLE Transcript

- Requested by you through ERAS
- Transmitted 3-5 days following your request
### Additional Documents

#### ERAS 2020 Season - Residency -

<table>
<thead>
<tr>
<th>Document</th>
<th>Status</th>
<th>Actions</th>
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<tbody>
<tr>
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<td>Medical Student Performance Evaluation (KSEP)</td>
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<td>Medical School Transcript</td>
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<tr>
<td>Photo</td>
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</tbody>
</table>

- **Student**
- **PSOM (by 10/21)**
- **PSOM**
- **Student**
USMLE Transcripts

Three steps to releasing your scores:

1. Authorize release through ERAS to sync current scores
2. Assign the USMLE score to a specific program (under the Programs section)
3. Once you receive updated Step 2 scores, go back into MyERAS and retransmit your scores
   – Think strategically about when or whether you want to release your Step 2 scores—discuss this with your Career Advisor or Dr. Woodruff.
## Important Staff

<table>
<thead>
<tr>
<th>Component</th>
<th>Advisor(s)</th>
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<tr>
<td>Strategy</td>
<td>Career Advisor</td>
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<td>Specialty Advisor</td>
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<td>Dr. Woodruff</td>
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<tr>
<td>Personal Statement</td>
<td>Career Advisor</td>
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<td>Specialty Advisor</td>
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<td>Couples’ Matching</td>
<td>Career Advisor</td>
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<td>Dr. Woodruff</td>
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<tr>
<td>CV/ERAS Logistics</td>
<td>Dana Levinson</td>
</tr>
<tr>
<td>LOR Status</td>
<td>ERAS or SF Match</td>
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Words of Wisdom
Be a Smart Applicant!

• Apply broadly to give yourself the best possible odds
  • You can always narrow your list during interview season

• Listen to Career Advisor feedback about your strategy

• Realize that there is more than one program where you can be happy

Don’t put all of your eggs in one basket…

Diversify your application portfolio to maximize your odds!
The Gut Check/Strike Zone

- Careers are long—find something you love to do
- Listen to yourself, not to others telling you what you should do
- Don’t be confused by a great—or lousy—experience on a rotation

Words of Wisdom
Make a Plan and Focus

- Focus on what you can do something about: your Personal Statement, letters, and interview preparation
- Get the pieces together and assemble them
- Refer to your Residency Process Booklet
- Know what job you are applying for
  - Program Directors want smart, dependable, functional team players who will take excellent care of their patients
- Take it one step at a time

You will get through it!
You are NOT alone!

• You have a good support team
• You are not behind
• This is a long process with multiple parts

The Career Advising team’s doors are always open!
MS4 Class Meetings

August 3, 2020  #2: ERAS Overview

September 22, 2020  MS4 Class Meeting: Interviewing for Residency

February, 2021  MS4 Class Meeting: Constructing your Rank List
Match Day: March 19, 2021!