

Pritzker School of Medicine



## **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 <sup>4</sup>

### **Timeline: August - September**

August	Register for ERAS (tokens emailed to you in spring)
	Organize CV (follow template) & send updates to Dana
	Ask for Letters of Recommendation
	Sign up for your ERAS/Graduation photo
August – September	Write your Personal Statement
	Send a draft to your career and specialty advisors for review
	Edit your ERAS application to near completion
	Register for the NRMP (you must register for <u><b>both</b></u> ERAS and NRMP)

This timeline is designed for students applying through the regular match.



Timelines and Deadlines <sup>5</sup>

### **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



Timelines and Deadlines<sup>6</sup>

### **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







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#### **Residency Resources**

#### **Residency Resources**



## Where to Apply



### **Resources for Researching Residencies**

- Pritzker Faculty
- Current Residents
- Pritzker Alumni
- FREIDA Online



Where to Apply <sup>11</sup>

### **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.



Where to Apply <sup>12</sup>

### 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



Where to Apply <sup>13</sup>

### Specialties that <u>may</u> require a preliminary year

- Anesthesiology
- Dermatology
- Neurology
- Ophthalmology
- PMR
- Radiation-Oncology
- Radiology



Where to Apply <sup>14</sup>

### **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.



Where to Apply <sup>15</sup>

## 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



Components of the Application <sup>17</sup>

### **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



Components of the Application <sup>18</sup>

### **MyERAS Dashboard**

MyERAS ERAS		Residency      ✓				AAMC ID: 12156219 Email: dievinso@bsd.uchicago
Application	The 2021 (Condency and Se	Documents		Programs		Resources
Personal Information Biographic Information Education Experience Licensure Publications View/Print Application	Saved Incomplete Incomplete Incomplete Incomplete	Uploaded but Unassigned LoRs Unassigned Personal Statements MS Transcript MSPE (Dean's Letter) Photo	0 0 Not Uploaded Not Uploaded Not Uploaded	Saved Programs Programs Applied to	0	Please visit our Tools for Residency Applicants for useful information on the ERAS process. Need Help? For faster service check out our FAQ's before emailing or calling our client technical support team. Send us a message > 202-862-6264 Monday - Friday 8am - 6pm ET MyERAS Terms and Conditions

#### **Documents: LORs**

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KAAMC Dashboard Applicat		Dana Levinson 👻
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ERAS has modified dates for the 202	11 Residency and July Fellowship Application Cycles.	×
Documents Personal Statements Letters of Recommendation Additional Documents	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. Output: Confirm the LoR entry by marking the associated checkbox and selecting Only checked in the Confirm drop down list. Note: You may only edit and/or delete a LoR entry prior to confirming. Select Download Letter Request or Email Letter Request in the associated Action column to provide your LoR Author with the form. Search by Name, Title/Dept, or Specially You have not added any LoR Authors. Click Add New to add an LoR Author.	Help 🛛
http://apps.aamc.org/myeras-web/#	655 K Street, NW, Suite 100, Washington, DC, 20001-2399 Contact Us Follow Us © 1995 - 2020 AAMC Terms and Conditions Privacy Statement	우 <sup>8</sup> 스 뒤그 (4)) <mark>323 PM</mark> 7/19/2020 😍

### **Documents: LORs (continued)**

### **Documents: LORs (continued)**

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#### **Documents: LORs (continued) | CONFIRM YOUR LOR**

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MyERAS ERAS 201	otherwise r		firm the selected LoR Author(s) for upload?	Once confirmed, an LoR Auth	or entry cann	ot be deleted or	AAMC D: 13909272 Email: rsilverman@bsd.uchicago.ed
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#### **Documents: LORs (continued) | Email/Print Letter Request Form**

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		LoR Information	Specialty Internal Medicine	Letter ID 9AMDBKKEG	Status Confirmed for Uplead - 07/19/2020	Actions Select
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#### **Documents: LORs (continued) | Email a Letter Request Form**

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RAS ERAS 202	<ul> <li>Indicates required field.</li> <li>To send the letter request email, please complete the following 1. Review the LoR Information and Specialty for accuracy 2. Enter the LoR Author's email address.</li> <li>3. Enter a LoR request message for the LoR Author or und 4. Click <i>Preview</i> to view the email details the LoR Authon</li> </ul>	se the default message.		AAMC D: 140 Email: rsilverm
ients	LoR Information	Specialty		
Statements f	H. Barrett Fromme, MD, MPHE - Professor of Pediatrics 🛷	Preliminary Programs		
endation   In	LoR Request Message: * Hi Dr. Fromme. Thank you so m	bsd.uchicago.edu nuch for agreeing to write me a letter of recommendation! te if you could upload your letter by September 1 to		g the application season.
	PRELIM letter.	bmit my application on time. This email is for my Here are the formal instructions:  that you submit my Letter of Recommendation (LoR) to tesidency Application Service (ERAS), which transmits		LoRs Selected
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## Documents: LORs (continued) | Letter Request Form

#### ERAS Letter of Recommendation (LoR) Request

ERAS Application Season: 2021 ERAS Letter ID: 9AMDBKKEG

1

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.

ERAS Letter of Recommenda	ion Portal (LoRP)					
	lication Service (ERAS) Letter of Recommendation Portal (LoRP) is a centralized rs to upload LoRs for applicants applying to ERAS residency programs.					
ERAS has established a set of p LoRP.	guidelines that should be reviewed prior to writing and uploading LoRs using the					
For more information about the https://www.aamc.org/services	e LoRP guidelines, additional resources, and to access the LoRP login, please visit /eras/282520/lor_portal.html.					
	below. If any information is inaccurate, contact the applicant directly so they can					
<ul> <li>make corrections.</li> <li>Login to the FRAS LoRI</li> </ul>	P to upload this letter using the unique ERAS Letter ID above.					
Login to the Livio Loid	to upload mis letter using the unique there being the above.					
Applicant Details						
Name	Levinson, Dana					
AAMC ID	12156219					
Preferred Phone Number	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")



Components of the Application <sup>27</sup>

#### 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.



Components of the Application <sup>28</sup>

### **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



Components of the Application <sup>29</sup>

### 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?



Components of the Application <sup>30</sup>

### **USMLE Transcript**

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



Components of the Application <sup>31</sup>

### **Additional Documents**

AAMC Dashboard A	Application + Documents + Programs + Message Cente	r Interviews+		Kai Doe 🗸
MyERAS ERAS	2020 Season - Residency -			AAMC ID: 14038081 Email: rsilverman@bsd.uchicago.edu
Documents Personal Statements Letters of Recommendation	Additional Documents			Help 🛛
Additional Documents	Document	Status		Actions
	USMLE Transcript	A Not Authorized	Student	Select -
	Medical Student Performance Evaluation (MSPE)	A Not Uploaded	PSOM (by 10/2	21) No Action Req C Authorize Relea
	Medical School Transcript	A Not Uploaded	PSOM	No Action Required ()
	Photo	Not Uploaded	Student	Select -
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### **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**

Strategy	Career Advisor Specialty Advisor Dr. Woodruff	
Personal Statement	Career Advisor Specialty Advisor	
MSPE/Grade Concerns	Dr. Fromme	
Couples' Matching	Career Advisor Dr. Woodruff	
<b>CV/ERAS</b> Logistics	Dana Levinson	
LOR Status	ERAS or SF Match	



Components of the Application <sup>34</sup>

## 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!



Words of Wisdom <sup>36</sup>

### 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 <sup>37</sup>

### **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!



Words of Wisdom <sup>38</sup>

### 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!



Words of Wisdom <sup>39</sup>

### **MS4 Class Meetings**

#### #2: ERAS Overview

September 22, 2020

February, 2021

MS4 Class Meeting: Interviewing for Residency

MS4 Class Meeting: Constructing your Rank List



#### Match Day: March 19, 2021!



