Residency Application Overview

MS4 Class Meeting #1
June 8, 2021
Applying to Residency: Summer into Fall

Agenda

• Timeline

• Deciding where to apply

• Components of your application

• Words of Wisdom
Timelines and Deadlines
Important Dates & Deadlines

- 9/1/2021: ERAS opening to certify and submit applications to residency programs
- 9/1/2021: San Francisco Match (ophthalmology) application deadline
- 9/15/2021: NRMP registration opens
- 9/15/2021: LORs submitted
- 9/29/2021: Residency Programs may begin application and MSPE review
- 10/22/2021: All Urology program interview offers extended (must accept or decline by Monday, 10/25)
- 12/1/2021: PSOM deadline for USMLE Step 2 CK
- 1/12/2022: AUA (urology) rank list deadline
- 1/31/2022: NRMP applicant registration deadline
- 2/1/2022: San Francisco Match (ophthalmology) rank list deadline
- 2/1/2022: AUA (urology) match results released
- 2/8/2022: Ophthalmology match results released
- 3/2/2022: NRMP rank order list certification deadline
- 3/18/2022: MATCH DAY
Timeline: June - August

June
- Register for ERAS (tokens emailed to you in June)
- Organize CV (follow template) & send updates to Tyler
- Ask for Letters of Recommendation
- Sign up for your ERAS/Graduation photo (June 10 & 24 – Talk to Tyler)

July – August
- Write your Personal Statement
- Send a draft to your career and specialty advisors for review
- Edit your ERAS application to near completion
- MSPE review

This timeline is designed for students applying through the regular match.
# Timeline: September

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>September</td>
<td>Continue to edit your ERAS application</td>
</tr>
<tr>
<td></td>
<td>LORs uploaded (9/15)</td>
</tr>
<tr>
<td>September 1</td>
<td>Applicants may begin submitting applications to programs</td>
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<tr>
<td>September 15</td>
<td>Pritzker Internal Deadline for completing applications</td>
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<tr>
<td></td>
<td>NRMP Registration opens</td>
</tr>
<tr>
<td></td>
<td>(You must register for <em>both</em> ERAS <em>and</em> the NRMP)</td>
</tr>
<tr>
<td>September 29</td>
<td>ERAS Applications and MSPEs released to programs</td>
</tr>
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</table>
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
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 CV

Formatting

• Refer to Pritzker template (on Residency Resources site and in Booklet)
• Multiple pages are OK
• Arrange lists in reverse chronological order (most recent first)
• Arrange publications in chronological order
• Arrange activities into categories

Content

• List relevant collegiate experiences
• List significant work experience between college and medical school
• Spell out acronyms
• Explain activities or experiences with short bulleted points
• Do not list activities from high school

Components of the Application
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 July Fellowship Application Cycles.

**Application**
- Personal information: Saved
- Biographic Information: Incomplete
- Education: Incomplete
- Experience: Incomplete
- Licensure: Incomplete
- Publications: Incomplete

**Documents**
- Uploaded but Unassigned LoRs: 0
- Unassigned Personal Statements: 0
- MS Transcript: Not Uploaded
- MSPE (Dean's Letter): Not Uploaded
- Photo: Not Uploaded

**Programs**
- Saved Programs: 0
- Programs Applied to: 0

**Resources**
- 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

Letters of Recommendation

In order for a 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 marking the associated checkbox and selecting Only checked in the Confirm drop-down list.
   Note: You may only edit or delete a LoR entry prior to confirming.
3. Select Download Letter Request or Email Letter Request in the associated Action column 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)

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 clicking 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.

<table>
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<tr>
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<th>Specialty</th>
<th>Letter ID</th>
<th>Status</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Doe - Chair, Medicine</td>
<td>Internal Medicine</td>
<td>-</td>
<td>Not Confirmed for Upload</td>
<td>Select</td>
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</table>

1 LoRs Selected

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

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.

MyERAS Password: *

Cancel  Confirm

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 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.
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

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<th>Actions</th>
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</thead>
<tbody>
<tr>
<td>H. Barnett Formm, MD, MPH - Associate Professor of Pediatrics</td>
<td>Preliminary Programs</td>
<td><img src="select" alt="Not Confirmed for Upload" /></td>
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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 marking the associated checkbox and selecting Only outlined in the Confirm drop down list. (Note: You may only edit and/or delete a LoR entry prior to confirming.
3. Select Download Letter Request or Email Letter Request in the associated action column to provide your LoR Author with the form.
Documents: LORs (continued) | Email a Letter Request Form

Email Letter Request

* Indicates required field.
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

LoR: Barrett Fronime, MD, MPH - Professor of Pediatrics

LoR Author's email address: *

lofronime@pedsbsd.uuchicago.edu

LoR Request Message: *

Hi Dr. Fronime,

Thank you so much for agreeing to write me a letter of recommendation! I would appreciate it 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 left /1020
ERAS Letter of Recommendation (LoR) Request

ERAS Application Season: 2021
ERAS Letter ID: 9AMDBKEEG

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 Recommendation Portal (LoRP)

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**

<table>
<thead>
<tr>
<th>Name</th>
<th>Levinson, Dana</th>
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<tr>
<td>AAMC ID</td>
<td>12156219</td>
</tr>
<tr>
<td>Preferred Phone Number</td>
<td>7738341954</td>
</tr>
<tr>
<td>Preferred Email</td>
<td><a href="mailto:dlevinso@bsd.uchicago.edu">dlevinso@bsd.uchicago.edu</a></td>
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**LoR Details**
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
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 at least 4-6 weeks’ notice
- Letters in by September 15 (i.e., ask before July 31!)
- 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

- Student
- PSOM (by 9/29)
- 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</th>
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<tbody>
<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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<td>Personal Statement</td>
<td>Career Advisor</td>
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<td>Specialty Advisor</td>
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<td>MSPE/Grade Concerns</td>
<td>Dr. Fromme</td>
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<td>Couples’ Matching</td>
<td>Career Advisor</td>
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<td></td>
<td>Dr. Woodruff</td>
</tr>
<tr>
<td>CV/ERAS Logistics</td>
<td>Tyler Lockman</td>
</tr>
<tr>
<td>LOR Status</td>
<td>ERAS or SF Match</td>
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</tbody>
</table>
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

The Strike Zone
The strike zone is an area over home plate. Its upper limit is a horizontal line at the midpoint between the top of the shoulder and the top of the uniform pants. Its lower level is a line at the hollow beneath the knee cap. The strike zone is determined from the batter's stance as he prepares to swing at a pitch.

- 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
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

July 6, 2021  #2: ERAS Overview

September 21, 2021  MS4 Class Meeting: Interviewing for Residency

January 19, 2022  MS4 Class Meeting: Constructing your Rank List
Match Day: March 18, 2022!

[Image of individuals holding signs that say "I MATCHED!" with information about their matches.]
Away Rotations

If you are still having difficulty securing an away rotation, reach out to your career advisor or Dr. Woodruff.