



Residency, “How to Get There from Here”

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Key Principles

- -Application is an ACTIVE process
- -Getting a residency/fellowship is NOT guaranteed.
- -The student OWNS the process, faculty help when asked.
- -The student MUST know the timeline.



How should I apply?

- Osteopathic- Most programs now using ERAS, call and make sure you don't need to fill out a paper application.
 - Only match for strictly DO programs
 - Earlier deadlines
 - If you match here, you will be pulled out of the NRMP
- NRMP- All ERAS
 - DOs and MDs allowed
 - Later deadlines
- Most Dually Accredited programs use both matches



Time Line

- First and Second Year
 - Study hard
 - Get good grades
 - Do well on the COMLEX
 - Should I take the USMLE?
 - Start talking to people and friends to see what they like about a certain area of medicine, find out what you want to do for the rest of your life.



Time Line

□ Third Year

- Rotate in areas of medicine that interest you (you may not like them after you do them).
- Rotate in places you may want to do your residency.
- Create your CV
- Get letters of recommendation.
- Research different programs



Time Line

□ Fourth Year

- Actual application process starts on July 1st.
- Find out who your ERAS contact is at your school.
- Know the timeline. Very easy to find online. Some programs have different dates. Know them.
- Check ERAS website daily for important deadlines (last day to rank programs, etc.)
- Take and do well on COMLEX/USMLE step II



Time Line

- Visit ERAS- We'll put together website to help you through the paperwork process.

Let's look at the ERAS site together.

ERAS 2010 for Residency Applicants

[ERAS Applicants Home](#)

[About ERAS](#)

[ERAS Policies](#)

[Participating Specialties
and Programs](#)

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Guideline](#)

[Using MyERAS](#)

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[About ERAS](#)

What is ERAS?; Components of ERAS; How does ERAS work?

[ERAS Policies](#)

Description of ERAS Data Policy; ERAS Integrity Promotion Program; and ERAS Investigations Policy

[Participating Specialties and Programs](#)

Verify if the specialties and programs you are interested in are participating in ERAS

[Timeline and Deadlines](#)

Timeline for residency and osteopathic applicants; Information on program application deadlines

[Application Process Guideline](#)

A guideline of the ERAS application process

[Using MyERAS](#)

Overview and Minimum Requirements for Using MyERAS

[Resources to Download](#)

A center to download all documentation from ERAS; such as Applicant Information Sheet; MyERAS Application Worksheet; LoR Cover Sheet; ECFMG Policy on Original Documents; MSPE Guide; MyERAS Manual; etc.

[Fees and Billing](#)

ERAS Fees; Other Fees; Refund Policy; Payment Method; Consequences of Nonpayment of ERAS Fees; ERAS Use During the Scramble Period

[Contact Us](#)

How to contact ERAS

Quick Links

[MyERAS Login](#)

[ADTS Login](#)

Special Information

[What's New for ERAS 2010?](#)

[Information for International
Medical Graduates](#)

Related Links

[ABMS](#)

[ACGME](#)

[AOA](#)

[ECFMG](#)

[FindAResident](#)

[FREIDA](#)

[FSMB](#)

[NIH Loan Repayment Programs](#)

[NRMP](#)

[Urology Match \(AUA\)](#)



ERAS 2010 Applicant Timeline

| Date | Activity |
|--------------------|--|
| Mid-late June 2009 | MyERAS User Guide available in PDF (download by chapter or in its entirety on our Web site). Schools may begin to generate and distribute MyERAS tokens to applicants. |
| July 1, 2009 | MyERAS Web site opens to applicants to begin working on their applications. ERAS Support Services at ECFMG will begin generating and distributing tokens to IMGs. Osteopathic applicants may begin selecting and applying to osteopathic training programs only . |
| July 15, 2009 | Osteopathic training programs may begin contacting the ERAS PostOffice to download application files. |
| September 1, 2009 | Applicants may begin applying to ACGME accredited programs. ACGME accredited programs may begin contacting the ERAS PostOffice to download application files. |
| October 15, 2009 | MSPEs are released to AOA accredited programs.* |
| November 1, 2009 | MSPEs are released to ACGME accredited programs.* |
| December 2009 | Military Match |
| January 2010 | Urology Match |
| February 2010 | Osteopathic Match |
| March 2010 | NRMP Match results will be available. |
| May 31, 2010 | ERAS PostOffice will close to prepare for the 2011 season. |

ERAS Application Process Guideline

The following thirteen (13) steps should serve as a guideline throughout your application process. To view detailed information for each step in the process download the [MyERAS User Guide](#).

Step 1: Research programs and contact them for information.

Step 2: Get your MyERAS token and user guide.

Step 3: Register with MyERAS online.

Step 4: Create your Profile.

Step 5: Create your MyERAS application.

Step 6: Create your personal statement and request supporting documents.

Step 7: Select programs.

Step 8: Assign documents to programs.

Step 9: Certify and transmit your application.

Step 10: Check the status of your application using the Applicant Document Tracking System (ADTS) and monitor the Message Center for information from programs.

Step 11: Select and apply to new programs, update your documents and track their delivery.

Step 12: Keep your Profile up-to-date.

Step 13: Register for your applicable match.

Who is your designated dean's office?

U.S. Graduates (allopathic and osteopathic) - your medical school of graduation

Canadian Graduates - [CaRMS](#)

International Medical Graduates (IMGs) - [ECFMG](#)



Where should I apply?

- Location- Where you are determines the types of patients you will see.
 - Urban- some poor, uninsured, advanced diseases
 - Suburban- More insurance, more compliance
 - Rural- Insured, advanced diseases
- Can I live here?
- Can my family live here?
 - Think about cost of living, schools, activities outside of the hospital. (you will be there for at least 3years).



Where should I apply?

- ❑ Osteopathic- Tend to be smaller, community hospitals, great Osteopathic tradition and teaching, training quality varies
- ❑ ACGME- Size and type vary, may have trouble with licensure in future, cannot work in Osteopathic Academics after graduation.
- ❑ Dual Accredited- Best of both worlds. Somewhat limited number of programs. Will compete with MDs for spots.



Where should I apply?

- Type of program
 - University- Large amount of learners, Lots of research, Focus on academics, other residencies
 - Community- Hands on learning, Smaller programs, more one-on-one teaching.
- Size of Program
 - Small- 1-10 Residents
 - Medium- 10-50 Residents
 - Large- 50 plus Residents



Where should I apply?

□ Future Plans

- Primary Care- Maybe smaller community hospital is best
- Research- University that does the type of research you are interested in is best.
- Fellowship- Go to a place that has a fellowship program in the area you are interested in.
- Academics/Administration- University or some place you can find a mentor.



Key Principles

- **-Be the best student, no matter what rotation you are on.**
- -Have a special spark.
- -Become junior, assistant deputy member of subspecialty division, because you love it, not because you want a fellowship.
- -Be realistic and seek guidance



The Application Process

Now that you have determined how and where to apply, you begin the actual process of applying.



Key Principles

- Be prepared
- Define your objectives
- Gather your supporters
- Plan your schedule
- Ask advice
- Apply to enough programs!



Personal Statements

- ❑ Takes longer than you think it will !!
- ❑ Should tell the reader who you are
...personally
- ❑ Personal experiences with medicine or the
specialty
- ❑ Unique personal attributes or qualities
- ❑ Unique personal experiences



Personal Statements

- ❑ Interesting is better than dull
- ❑ If possible, should convey passion for the specialty
- ❑ Call attention to research or other scholarly activities
- ❑ Explain gaps or problems



Personal Statements

- Where to begin:
 - list strengths and positives
 - list things that need to be explained
 - list things that should be emphasized
- Draft your ideas without censoring
- Find a “hook”
- Carry a concept through - example, experience



Personal Statements

- Try to avoid trite phrases ...
 - “a program that will challenge me”
 - “from the time I was ... I’ve been attracted to”
- If you have nothing to say ... don’t say it
- You can’t be all things to all people
 - research, patient care and teaching
 - consider different versions depending on focus of the program



Personnel Statements

- **Do Not Rely on Spell Check**
 - The penis mightier than the sword
 - They're go the too of them
 - I have and excellent word ethics



Personal Statements

- Grammar
- If you aren't a creative writer, don't try
- Not more than one page
- If you can say it in 3 words, don't use 10
 - Write it, then delete 50%



Personal Statements

- Tell the truth.
- Observe the fine line between advertising yourself and conceit
- Be prepared to discuss anything in statement.
- A good statement is worthy of good paper.



Letters of Recommendation

- Choose letter-writers
 - The Osteopathic community is small, the person reading the letter probably knows the person who wrote it.
 - One letter from someone in the specialty and one from someone who knows you well.
 - Program Directors highly value letter from another program director who has interacted with an applicant.**



Letters of Recommendation

- FORMAL appointment to discuss application, letter of recommendation
- DO waive your right to see it.



Letter of Recommendation

- ❑ *Could you write a good letter that will help me get a residency?*
- ❑ Mediocre letters hurt. Never ask: Could you write a letter?
- ❑ Review your evaluations to see who thinks well of you.
- ❑ Don't assume a friendly person will write a strong, positive letter.
- ❑ Take care with strong personalities.
- ❑ DON'T send the letter if you sense ANY hesitation from writer.



Letters of Recommendation

- ❑ Provide CV, personal statement, list of programs: to writer and THEIR SECRETARY.
- ❑ Ask if they want addressed envelopes, labels, electronic document with addresses, etc.
- ❑ Offer to pay postage.
- ❑ Make sure the list is correct, and has a name: avoid “dear doctor” “to whom it may concern”.



Preparing for Interviews

- Avoid unnecessary stressors
 - Arrive day before, leave day after
 - Restful lodging
 - Adequate sleep time, don't visit old friends
 - Dry run: travel from hotel to interview site, park, walk in, find office.



Preparing for Interviews

- Study for the interview
 - know about the institution and program
 - have questions ready
 - different questions for different interviewers
- If you know who will be interviewing ... their interests, sub subspecialty, research



PREPARING FOR THE INTERVIEW

- Dress for Success - women
 - No dangling earrings
 - Remove obvious piercings
 - Comfortable, sensible shoes
 - Suits or dresses of appropriate length. Try them on a week before the interview – you may have had a “growth spurt”.
- Being professional more important than being attractive



PREPARING FOR THE INTERVIEW

Dress for success – men

- No dangling earrings
- Remove visible piercings
- Suits-Try them on a week before the interview – you may have had a “growth spurt”.
- Dress shoes – no sneakers



Body Language

Handshake

- ❑ firm, not limp, not bone crushing
- ❑ not wet
- ❑ 1 hand only
- ❑ continue as long as it takes to tell the color of their eyes

Eye contact

Smile

Posture

Avoid nervous tics



GOOD COMMUNICATION

- Let the interviewer speak first
- Listening skills
 - Listen, Listen, Listen
 - Uh-huh, I see, nod
 - Know when to speak
 - Show interest and focus
 - Echo, summarize, add your thoughts
 - If you don't know, don't talk



The Interview: Your Questions

- Have questions appropriate to the interviewer.
- Area questions: administrator or residents.
- Schedule questions: current residents or chief resident.
- Research and clinical work: faculty and current residents.
- Program: program director.



The Interview

□ Don't worry if the interview runs over – it's the interviewer's call.

□ Would you like to see, meet?

Would you like to return to see, meet? The answer is always yes.

□ Never schedule your return travel at a time that will cut your interview short, or prevent you from staying later.



The Interview

- **Always** communicate in a professional, positive manner, especially with support staff.



Post-Interview Contacts

- “Thanks for inviting me. I think your program is really outstanding because...”
- OK to send 1 with “You are my top choice.” Residencies talk to each other. You make mistakes in your letters.
- If you send more than 1 letter to the same place, make them different- colleagues talk to each other.