Guide to the Match 2017

Junior Class Meeting
February 3, 2016

Dr. Hilit F. Mechaber
Associate Dean for Student Services
Today’s Goals

• Review RESOURCES
  – Help with choosing a Specialty

• Reviewing The Process
  – Understanding it
  – Committing to it
  – ……Completing it
FUTURE topics

• Making the Transition to Residency
• ERAS and Application Specifics
Residency Positions

- **Categorical** - programs that begin in the PGY-1 year and provide the training required for board certification in medical specialties.
- **Preliminary** - one-year programs beginning in the PGY-1 year that provide prerequisite training for advanced programs.
- **Advanced** - programs that begin in the PGY-2 year after one year of prerequisite training.
The “Match”

• Process by which students apply for and are “matched” to residency training programs.

• There are several kinds of “Match”
Organizations

- National Residency Match Program (NRMP)
- Electronic Residency Application Service (ERAS)
- San Francisco Match
- American Urological Association
- U.S. Armed Services
<table>
<thead>
<tr>
<th>Residency Programs</th>
<th>“Main” Match</th>
<th>Early Match Programs</th>
<th>Military</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Ophtho</td>
<td>GU</td>
<td>Army</td>
</tr>
<tr>
<td></td>
<td>ERAS</td>
<td>ERAS</td>
<td>MODS</td>
</tr>
<tr>
<td>Application Service*</td>
<td>CAS</td>
<td>MODS</td>
<td>MODS</td>
</tr>
<tr>
<td>Match</td>
<td>NRMP</td>
<td>SF Match</td>
<td>JSGMESB</td>
</tr>
</tbody>
</table>

* Check with individual programs!
Main Match

• **Main Match**: Sponsored by the NRMP. The main match offers PGY-1 and PGY-2 level residency training positions in most specialties.

• **Couples Match**: Part of the Main Match. Couples can link their program choices together so that they can be matched into a combination of programs suited to their needs.
The Couples Match

• Identify yourself ASAP so we can plan orientation meetings.
• Let programs know if you intend to participate in the Couples Match.
• Let programs know early if you have other special issues!!!
Main Match NRMP

• National Residency Match Program (NRMP)
  – A private, not-for-profit corp. established in 1952 to provide a uniform process for applicants seeking residency positions

http://www.nrmp.org/
Main Match Application

ERAS

• Electronic Residency Application Service (ERAS)
  – a service that transmits residency applications, letters of recommendation, MSPEs, transcripts, and other supporting credentials to residency program directors using the Internet.

https://www.aamc.org/students/medstudents/eras/
IMPORTANT

• Participants in the Early Match should also register for the Main Match.
  – Some early match specialties require a PGY-1 preliminary year
  – Main Match can serve as an effective backup strategy
Timelines and Deadlines
Timeline

• January – April 2016
  – Thinking about specialty choice
  – Determine what type of Match is involved
  – Externships: investigate & request applications
  – Request Letters of Recommendation
Timeline

• January – April 2016
  – Utilize Resources:
    • Careers in Medicine
      - www.aamc.org/cim
    • Strolling through the Match
    • Roadmap to Residency
    • FREIDA, ERAS, NRMP, USMLE
    • Office of Professional Development and Career Guidance
      – http://www.mededu.miami.edu/MedEd/opdcg
Timeline

• January – April 2016
  – Advising Dean assignments
  – Senior Schedules
  – Line up research projects for the senior year
• Start planning externships
  – AAMC Extramural Electives Compendium
  – Visiting Student Application Service (VSAS)
Timeline

• February – April 2016
  – **Residency Program Directors Meeting**
    Tuesday, March 1, 2016
    3:00 – 5:00PM
    RMSB 5th FL Auditorium and Labs
  – **Career Advising Dinner**
    Tuesday, April 5, 2016
    6:30 – 9:00 PM UMH Seminar Center
  – **CV & Personal Statements**
    – View guidelines and samples online
Timeline

- May - June 2016
  - Select specialty
    - Start creating list of programs
    - Determine which Match is involved
  - Work on application materials
    - Curriculum vitae
    - Personal statement
Timeline

- May - August 2016
  - Meet with Advising Deans
  - Con’t to request letters of recommendation
  - Schedule externships
  - Review Junior Clerkship evaluations!
  - Register with NRMP, ERAS and/or other matching programs/EARLY match deadlines
  - Register for USMLE Step 2 CS, CK
Timeline

• September - December 2016
  – Complete applications (SEPT 15) and all support materials
  – Confirm receipt of letters of recommendation (ideally Oct 1)
  – MSPE released to all programs: October 1, 2016
  – Schedule and start interviewing
  – Complete early match rank order lists
Timeline

• January - February 2017
  – Submit rank order list to NRMP (Main Match)
  – Finish interviews
  – Early and Military Match results released

• March 2017
  – Match results released
  – SOAP
  – Match Day Celebration!
RX

VISIT CAREERS IN MEDICINE
FOR MORE ON:

- CHOOSING YOUR SPECIALTY
- LANDING A RESIDENCY
- PLANNING YOUR PHYSICIAN CAREER

WWW.AAMC.ORG/CIM

Video by Epipheo

https://www.youtube.com/watch?v=9FMnWtinx1E&feature=youtu.be
The 5-Step “Race”

- Grades and Records
- Extracurricular Activities
- Presenting Yourself
- Others Presenting YOU
- The Final Sprint
I’m still confused…

- Are you truly undecided?
- How confident are you in decision-making?
- What can you eliminate?
- What areas are you most interested in?
When considering a specialty, consider the competitiveness of the specialty, the program, and your application.
Step 1: Grades & Records

• Review your grades and evals – Sheryl Morrison
• Must be aware of what others have said about you
• Discuss specifics about your competitiveness with your Advising Dean AND Faculty in specialty
• Consider the specialty you’ve chosen
• Review Match Data: CiM, NRMP
Results of the 2014 NRMP Program Director Survey
<table>
<thead>
<tr>
<th>Factor</th>
<th>Percent Citing Factor</th>
<th>Average Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>USMLE Step 1/COMLEX Level 1 score</td>
<td>94%</td>
<td>4.1</td>
</tr>
<tr>
<td>Letters of recommendation in the specialty</td>
<td>86%</td>
<td>4.2</td>
</tr>
<tr>
<td>Medical Student Performance Evaluation (MSPE/Dean’s Letter)</td>
<td>84%</td>
<td>4.0</td>
</tr>
<tr>
<td>USMLE Step 2 CK/COMLEX Level 2 CE score</td>
<td>80%</td>
<td>4.1</td>
</tr>
<tr>
<td>Personal Statement</td>
<td>78%</td>
<td>3.6</td>
</tr>
<tr>
<td>Graduate of U.S. allopathic medical school</td>
<td>75%</td>
<td>4.1</td>
</tr>
<tr>
<td>Grades in required clerkships</td>
<td>70%</td>
<td>4.0</td>
</tr>
<tr>
<td>Gaps in medical education</td>
<td>70%</td>
<td>4.1</td>
</tr>
<tr>
<td>Honors in clinical clerkships</td>
<td>69%</td>
<td>4.0</td>
</tr>
<tr>
<td>Perceived commitment to specialty</td>
<td>69%</td>
<td>4.3</td>
</tr>
<tr>
<td>Class ranking/quartile</td>
<td>69%</td>
<td>3.9</td>
</tr>
<tr>
<td>Evidence of professionalism and ethics</td>
<td>65%</td>
<td>4.5</td>
</tr>
<tr>
<td>Personal prior knowledge of the applicant</td>
<td>65%</td>
<td>4.1</td>
</tr>
<tr>
<td>Audition elective/rotation within your department</td>
<td>63%</td>
<td>4.0</td>
</tr>
<tr>
<td>Leadership qualities</td>
<td>63%</td>
<td>4.0</td>
</tr>
<tr>
<td>Honors in clerkship in desired specialty</td>
<td>61%</td>
<td>4.3</td>
</tr>
<tr>
<td>Grades in clerkship in desired specialty</td>
<td>61%</td>
<td>4.3</td>
</tr>
<tr>
<td>Alpha Omega Alpha (AOA) membership</td>
<td>51%</td>
<td>3.8</td>
</tr>
<tr>
<td>Pass USMLE Step2 CS/COMLEX Lv2 PE</td>
<td>57%</td>
<td>4.1</td>
</tr>
<tr>
<td>Perceived interest in program</td>
<td>57%</td>
<td>4.1</td>
</tr>
<tr>
<td>Consistency of grades</td>
<td>56%</td>
<td>4.0</td>
</tr>
<tr>
<td>Other life experience</td>
<td>56%</td>
<td>3.6</td>
</tr>
<tr>
<td>Volunteer/extracurricular experiences</td>
<td>54%</td>
<td>3.6</td>
</tr>
<tr>
<td>Graduate of highly regarded U.S. medical school</td>
<td>48%</td>
<td>3.8</td>
</tr>
<tr>
<td>Demonstrated involvement and interest in research</td>
<td>43%</td>
<td>3.7</td>
</tr>
<tr>
<td>Visa status*</td>
<td>39%</td>
<td>4.0</td>
</tr>
<tr>
<td>Applicant was flagged with Match violation by the NRMP</td>
<td>34%</td>
<td>4.8</td>
</tr>
<tr>
<td>Interest in academic career</td>
<td>28%</td>
<td>3.7</td>
</tr>
<tr>
<td>Honors in basic sciences</td>
<td>27%</td>
<td>3.5</td>
</tr>
<tr>
<td>Gold Society membership</td>
<td>27%</td>
<td>3.7</td>
</tr>
<tr>
<td>Away rotation in your specialty at another institution</td>
<td>25%</td>
<td>3.7</td>
</tr>
<tr>
<td>Fluency in language spoken by your patient population</td>
<td>25%</td>
<td>3.6</td>
</tr>
<tr>
<td>USMLE/COMLEX Step 3 score</td>
<td>18%</td>
<td>3.5</td>
</tr>
</tbody>
</table>

* Ratings on a scale from 1 (not at all important) to 5 (very important)
* International Medical Graduates only

NRMP Program Director Survey Results, 2014
Grades & Records: USMLE Step 2

• Check to see what the requirements are for each program you apply to.

• School requirements:
  • Must take USMLE Step II CS and CK by February 15 of Senior year (But suggest by December 31)

  Take the exams early
Step 2: Extracurricular Activities

- Looking for well-rounded applicants
- Describe your activities in your CV
- If you are “lacking:” NOT TOO LATE
- P Statement can describe qualities you learned through participation
- Involvement connects you to faculty
- Research; Case reports – seek out faculty in your specialty; ask your Advising Dean for contact
Step 3: Presenting Yourself

• Your Photograph
• Personal Statement
• Interview
• Externships
Photographs

- Convey your professionalism
- Convey a professional appearance
- If you are concerned about your image – discuss with Advising Dean
- Biomed/Library or Babies R’ Us

GOOD

BAD
Externship

• An opportunity to showcase yourself
• An opportunity to experience other places and programs
• Unique educational experience
• Get to know people elsewhere
Externships: UMMSM Requirements

• Failure to comply with policies will result in no credit for the rotation!!

• Get immunizations in order EARLY
  – Check your status online
  – If you require additional titers, Student Health Center Gables campus
Review APPLICATION instructions for externships

http://ren.mededu.miami.edu/MD_Curriculum/Misc/Student%20Affairs/Applying_For_Externships.pdf
Step 4: How others present YOU

• Letters of Recommendation
• Medical Student Performance Evaluation (MSPE) aka “Dean’s Letter”
Letters of Recommendation

• BEST: Docs you have worked with CLINICALLY
• Level of involvement in clinical care more important than length of time
• University faculty preferred
• No personal letters from family friends
• Ask now!
• ASK while on Externships
MSPE

• PERFORMANCE evaluation, NOT a letter of recommendation

• Includes:
  – Summary of PreClinical and Clinical Grades, academic strengths and any difficulties
  – USMLE; highlight if great, pass if pass, document if remediated
  – Unique Characteristics from your CV
MSPE Summary

• Discuss specifics with your Advising Dean
• Want to highlight your strengths
• Need to be aware of your weaknesses: use MOCK INTERVIEW to prepare to discuss any difficulty
• Overall descriptor based on performance not personal opinions
• You will read your MSPE
<table>
<thead>
<tr>
<th>Rank</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Superior</td>
<td>Highest recommendation. Superior candidates are in the top quartile of the class and have made significant contributions to student life, community service and research.</td>
</tr>
<tr>
<td>2. Outstanding</td>
<td>Outstanding candidates are in the top quartile of the class and have made varying contributions to student life, community service or research, or are in the second quartile of the class and have made significant contributions to student life, community service or research.</td>
</tr>
<tr>
<td>3. Excellent</td>
<td>Excellent candidates are in the second quartile of the class and have made varying contributions to student life, community service or research, or are in the third quartile of the class and have made significant contributions to student life, community service, or research.</td>
</tr>
<tr>
<td>4. Very Good</td>
<td>Very good candidates are in the third quartile of the class and have made varying contributions to student life, community service or research or are in the fourth quartile of the class and have made significant contributions to student life, community service, or research.</td>
</tr>
<tr>
<td>5. Good</td>
<td>Good candidates are in the fourth quartile of the class and have made varying contributions to student life, community service or research.</td>
</tr>
</tbody>
</table>
ERAS Application Process
Electronic Residency Application Service (ERAS®) for Applicants

News and Announcements

Show All | Hide All

- ERAS is Now on Twitter!
- New LoR Policy for ERAS 2016
- MyERAS 2015 Resources

Upcoming Dates
May 26
ERAS 2016 Season Opens

May 31
ERAS 2015 Closes

Supported Browsers
- Latest Version of Chrome
- Latest Version of Firefox
- Internet Explorer 10 and 11

Note: ERAS does not enforce any browser restrictions, but ERAS does not support Safari. Mac users needing technical support should use Firefox or Chrome.
Letters of Recommendation (LoR) Portal
Letter Request Form

ERAS Application Season: 2013

Request From: 

To: 

With this form, I am requesting that you forward 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.

☐ (I waive) ☐ (I do not waive) my right to see this letter.

If “I waive” is marked, I waive my right to see this letter now and in the future under the “Family Educational Rights and Privacy Act (FERPA).” I acknowledge that this letter is for the specific purpose of supporting my application for residency.

You can forward my letter to ERAS in one of the following ways:

• ERAS LoR Portal: This application enables LoR Authors to upload documents securely to ERAS rather than send letters via mail. If you are interested in this option and can upload a PDF version of your letter, please go to https://www.aamc.org/eras/lor and follow the directions on the site. This form is for instructional purposes only and should not be included in your submission. Please have the information directly below available when you visit the LoR portal.

  AAMC ID: 
  First Name: 
  Last Name: 
  ERAS Letter ID: 106brg2bb
  Specialty to which this letter will be assigned: Internal Medicine

• Mail your letter: If you select this option, please include this form with your LoR and mail to:

  ERAS Designated Dean’s Office Mailing Address

  Name: 
  Department: 
  School: 
  Address: 
  Address 2: 
  City: _______________ ST: __ Zip: __________ 
  Phone: ______________ Fax: 
  E-mail: 

  Note:

  • It is recommended that all letters be written and submitted on professional letterhead.
  • Please submit your letter using only one of the methods outlined above.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>ERAS 2017 available for applicant use</td>
</tr>
<tr>
<td>AUG - SEPT</td>
<td>CAS Target Date (Ophthalmology)</td>
</tr>
<tr>
<td>Sept 15, 2016</td>
<td>Applicants may begin applying to ACGME accredited programs</td>
</tr>
<tr>
<td></td>
<td>Programs may begin contacting the ERAS Post Office to download application files</td>
</tr>
<tr>
<td>Oct 1, 2016</td>
<td>MSPE’s are released</td>
</tr>
<tr>
<td>Dec 2016</td>
<td>Military Match</td>
</tr>
<tr>
<td>Jan 2017</td>
<td>Urology Match</td>
</tr>
<tr>
<td>March 2017</td>
<td>NRMP Match results will be available</td>
</tr>
</tbody>
</table>
Resources

• Fellowship and Residency Electronic Interactive Database (FREIDA)
  – a database containing information on approximately 7,500 graduate medical education programs that are accredited by the Accreditation Council for Graduate Medical Education (ACGME), as well as on 200 combined specialty programs.

http://www.ama-assn.org/ama/pub/education-careers/graduate-medical-education/freida-online.page
Useful Resources

• NRMP RESOURCES
  – Charting Outcomes in the Match 2014
  – 2015 Applicant Survey Data
  – Match Algorithm
  – 2014 NRMP Program Directors Survey

• ACGME – list of accredited and unaccredited programs
  – http://www.acgme.org/adspublic/
Roadmap to Residency
Understanding the Process of Getting into Residency

https://students-residents.aamc.org/attending-medical-school/how-apply-residency-positions/
Useful Resources

• PRIOR MATCH RESULTS from UMMSM

• Careers in Medicine
  – [http://www.aamc.org/careersinmedicine](http://www.aamc.org/careersinmedicine)
  – [https://www.aamc.org/cim/specialty/list/](https://www.aamc.org/cim/specialty/list/)

• Strolling Through the Match
  – [https://nf.aafp.org/Shop/students/strolling-through-the-match](https://nf.aafp.org/Shop/students/strolling-through-the-match)
Office of Professional Development & Career Guidance

Welcome

The University of Miami Miller School of Medicine recognizes the importance that professional development and career guidance have in assisting our future physicians to achieve their goals of becoming competent, skillful, and compassionate practitioners who are well-suited for their chosen field. The Department of Medical Education and the Office of Student Affairs remain committed to enhancing the professional development of our medical students by providing each student with the knowledge and resources necessary to make well-informed career choices.

CLICK HERE for Application for John K Robinson GRANT for student funding.

UMMSM Professional Development and Career Counseling Program

Our Goals:

1. To assist each student in becoming well informed about the career decision-making process and the transition to residency training.
   - To encourage students to be proactive about their professional development and career selection.
   - To guide students to utilize resources made available by the medical school and the medical community.
   - To provide students with access to faculty members, community physicians, and other allied health professionals skilled in mentoring and guiding those who are interested in their particular field of specialization.
   - To guide students through the transition process from medical school to residency training, including preparation for licensing examinations, selection of externships, and participation in the Match.

CV Samples

Please click below for many samples of student CV’s. Examples include sample descriptions for almost all UMMSM school activities (DOCS, Academic Societies, Student Government, Mission Trips, etc). Also included below are samples of how to best describe your Education, Research, Presentations, Objectives (when one is needed - NOT for residency applications) and much, much more.

- Sample 1 MD
- Sample 2 MD
- Sample 3 MD
- Sample 4 MD
- Sample 5 MD
- Sample 6 MD-MPH
- Sample 7 MD-MPH
- Sample 8 MD Includes Pathway Description
- Sample 9 MD Includes Pathway Description
- Sample 10 with HPM or MSP Description
- Sample 11 Military
- For Sample Blurbs of Student Government Activities, CLICK HERE

UMMSM Career Advising program

Phase I-Understanding Yourself
Phase II-Exploring Options
Phase III-Choosing a Specialty
Phase IV-Getting into Residency
The Cost of Applying for a Medical Residency

While the costs associated with securing a residency may be a relatively minor part of your medical education expenses, they can add up quickly. Since these fees are not covered by student loans, it is important to try and keep these costs under control. Typical costs are summarized below.

Electronic Residency Application Service (ERAS)

ERAS®—The Electronic Residency Application Service—transmits residency applications, letters of recommendation, and personal statements to participating programs. For additional details, including process guidelines and a list of participating programs and specialties, please visit ERAS.

MyERAS, the site where you complete your residency application automatically calculates your fees. For additional details, including process guidelines and a list of participating programs and specialties, please visit ERAS.

graduated from your medical school (and now live in the area). Check the Physicians-in-Training Host Program, run by the AMA Alliance, for assistance. The program helps students cut down on interviewing costs, get to know the
