Guide to the Match 2019

JUNIOR CLASS MEETING
DECEMBER 11, 2017

DR. HILIT F. MECHABER
ASSOCIATE DEAN FOR STUDENT SERVICES
Today’s Goals

Reviewing The PROCESS
• Understanding it
• Committing to it
• ......Completing it

Review RESOURCES
• Guidance towards choosing a Specialty
FUTURE topics

Making the Transition to Residency

ERAS and Application Specifics
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?
- Review your *Careers in Medicine* profiles
The PROCESS
The 5-Step “Race”

- Grades and Records
- Extracurricular Activities
- Presenting Yourself
- Others Presenting YOU
- The Final Sprint
Approaching the Match:  
BE REALISTIC!

• 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
Grades & Records: USMLE Step 2CK

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

• School requirements:
  • Must take USMLE Step II CS and CK by December 31, 2018

Take the exams early
USE DATA!
Charting Outcomes in the Match for U.S. Allopathic Seniors

Characteristics of U.S. Allopathic Seniors Who Matched to Their Preferred Specialty in the 2016 Main Residency Match

1st Edition

Results of the 2016 NRMP Program Director Survey
<table>
<thead>
<tr>
<th>Condition</th>
<th>Percent Citing Factor</th>
<th>Average Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>USMLE Step 1/COMLEX Level 1 score</td>
<td>93%</td>
<td>4.2</td>
</tr>
<tr>
<td>Letters of recommendation in the specialty</td>
<td>88%</td>
<td>4.2</td>
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<tr>
<td>Medical Student Performance Evaluation (MSPE/Dean’s Letter)</td>
<td>84%</td>
<td>4.1</td>
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<tr>
<td>USMLE Step 2 CK/COMLEX Level 2 CE score</td>
<td>83%</td>
<td>4.1</td>
</tr>
<tr>
<td>Grades in required clerkships</td>
<td>79%</td>
<td>4.1</td>
</tr>
<tr>
<td>Personal Statement</td>
<td>78%</td>
<td>3.8</td>
</tr>
<tr>
<td>Class ranking/quarter</td>
<td>71%</td>
<td>3.9</td>
</tr>
<tr>
<td>Any failed attempt in USMLE/COMLEX</td>
<td>70%</td>
<td>4.6</td>
</tr>
<tr>
<td>Grades in clerkship in desired specialty</td>
<td>70%</td>
<td>4.3</td>
</tr>
<tr>
<td>Evidence of professionalism and ethics</td>
<td>70%</td>
<td>4.5</td>
</tr>
<tr>
<td>Perceived commitment to specialty</td>
<td>71%</td>
<td>4.3</td>
</tr>
<tr>
<td>Personal prior knowledge of the applicant</td>
<td>70%</td>
<td>4.2</td>
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<tr>
<td>Leadership qualities</td>
<td>68%</td>
<td>4.1</td>
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<tr>
<td>Audition elective/rotation within your department</td>
<td>56%</td>
<td>4.1</td>
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<tr>
<td>Consistency of grades</td>
<td>64%</td>
<td>4.1</td>
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<tr>
<td>Pass USMLE Step2 CS/COMLEX Level 2 PE</td>
<td>62%</td>
<td>4.2</td>
</tr>
<tr>
<td>Alpha Omega Alpha (AOA) membership</td>
<td>61%</td>
<td>3.9</td>
</tr>
<tr>
<td>Perceived interest in program</td>
<td>61%</td>
<td>4.1</td>
</tr>
<tr>
<td>Lack of gaps in medical education</td>
<td>58%</td>
<td>4.0</td>
</tr>
<tr>
<td>Other Life experience</td>
<td>59%</td>
<td>3.7</td>
</tr>
<tr>
<td>Awards or special honors in clinical clerkships</td>
<td>56%</td>
<td>3.7</td>
</tr>
<tr>
<td>Graduate of highly-regarded U.S. medical school</td>
<td>56%</td>
<td>3.8</td>
</tr>
<tr>
<td>Awards or special honors in clerkship in desired specialty</td>
<td>54%</td>
<td>3.9</td>
</tr>
<tr>
<td>Volunteer/extra-curricular experiences</td>
<td>54%</td>
<td>3.8</td>
</tr>
<tr>
<td>Gold Humanism Honor Society (GHHS) membership</td>
<td>45%</td>
<td>3.8</td>
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<tr>
<td>Demonstrated involvement and interest in research</td>
<td>44%</td>
<td>3.7</td>
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<tr>
<td>Visa status*</td>
<td>42%</td>
<td>4.1</td>
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<tr>
<td>Applicant was flagged with Match violation by the NRMP</td>
<td>40%</td>
<td>4.7</td>
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<tr>
<td>Awards or special honors in basic sciences</td>
<td>29%</td>
<td>3.3</td>
</tr>
<tr>
<td>Interest in academic career</td>
<td>28%</td>
<td>3.8</td>
</tr>
<tr>
<td>Away rotation in your specialty at another institution</td>
<td>27%</td>
<td>3.7</td>
</tr>
<tr>
<td>Fluency in language spoken by your patient population</td>
<td>26%</td>
<td>3.8</td>
</tr>
<tr>
<td>USMLE Step 3/COMLEX Level 3 score</td>
<td>20%</td>
<td>3.4</td>
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</table>

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

NRMP Program Director Survey Results, 2016
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
• Externships
• Interviews
Photographs

• Convey your professionalism
• Convey a professional appearance
• If you are concerned about your image – discuss with Advising Dean
• Biomed/Library

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

<table>
<thead>
<tr>
<th>General Documents:</th>
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<tbody>
<tr>
<td>VSAS Application Process For Students</td>
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<tr>
<td>Institutional Objectives for MD Degree</td>
</tr>
<tr>
<td>Miami Campus Course Coordinators &amp; Clerkship Directors</td>
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<td>RMC Course Coordinators &amp; Clerkship Directors</td>
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<tr>
<td>RMC Course Coordinators &amp; Clerkship Directors, MD-MPH</td>
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<tr>
<td>VSAS Verification Checklist</td>
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<tr>
<td>Background Check Request Form</td>
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<tr>
<td>Change Of Schedule Request</td>
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<tr>
<td>Administrative Requirements for International Study</td>
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<tr>
<td>Applying For Externships 2017-2018</td>
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<tr>
<td>Post-Externship Feedback 2016-2017</td>
</tr>
<tr>
<td>AAMC’s Global Health Learning Opportunities (G-HLO) for Students</td>
</tr>
<tr>
<td>Contact Information For Seniors On Externship</td>
</tr>
<tr>
<td>Guidelines for Obtaining Research Credit or Research Distinction</td>
</tr>
<tr>
<td>Office of Student Services IMPORTANT Phone Numbers</td>
</tr>
<tr>
<td>JMH Affiliation and Policies Handbook</td>
</tr>
<tr>
<td>MD Program/Miami Campus Course &amp; Clerkship Directors &amp; Coordinators</td>
</tr>
</tbody>
</table>
Externships: STATE RESTRICTIONS

NOTE there are currently legal restrictions on states that limit FL students’ ability to extern there:

- Alabama
- Kentucky
- Nevada
- New Hampshire
- New Mexico
- Ohio
- West Virginia
- Wyoming
- North Carolina (except, for UNC, Duke, ECU, Wake Forest. Those schools are ok.)
- Oregon (schools can seek exemptions for non-repetitive placements and fees can be waved for native Oregonians)
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
- Noteworthy Characteristics from your CV
- YOU WILL CHOOSE THESE
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>
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</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>
Step 5: The Final Sprint

• Putting it all together
• Applying
• Interviewing
• Ranking
HOW THE APPLICATION PROCESS WORKS
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
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)
  ◦ A private, not-for-profit corp. established in 1952 to provide a uniform process for applicants seeking residency positions
    http://www.nrmp.org/

• 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/

• San Francisco Match
• American Urological Association
• U.S. Armed Services
<table>
<thead>
<tr>
<th>Residency Programs</th>
<th>Early Match Programs</th>
<th>Military</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Main” Match</td>
<td>Ophtho</td>
<td>Army</td>
</tr>
<tr>
<td></td>
<td>GU</td>
<td>•Navy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>•AF</td>
</tr>
<tr>
<td>Application Service*</td>
<td>ERAS</td>
<td>MODS</td>
</tr>
<tr>
<td></td>
<td>CAS</td>
<td>MODS</td>
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<tr>
<td>Match</td>
<td>NRMP</td>
<td>AUA</td>
</tr>
<tr>
<td></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!!!
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 2018

• Thinking about specialty choice
• Determine what type of Match is involved
• Externships: investigate & request applications

• Request Letters of Recommendation; use the ERAS 2019 Token (Marta Bergez)
Timeline

January – April 2018

• Utilize Resources:
  • Careers in Medicine  [www.aamc.org/cim](http://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](http://www.mededu.miami.edu/MedEd/opdcg)
Timeline

January – April 2018

• Meet with Advising Dean assignments
• Senior Schedules
• Line up research projects for the senior year
• Start planning/applying for externships
  • AAMC Extramural Electives Compendium
  • Visiting Student Application Service (VSAS)
Timeline

February – April 2018

• Residency Program Directors Meeting
• Career Advising Dinner
• Connect with Specialty Faculty Mentors
• CV & Personal Statements
• Register for USMLE Step 2 CS, CK
Timeline

May - June 2018

• Select specialty
  • Start creating list of programs
  • Determine which Match is involved
• Work on application materials
  • Curriculum vitae
  • Personal statement
• Register for USMLE Step 2 CS, CK
Timeline

May - August 2018

• 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 2018

• Complete applications (SEPT 15) and all support materials
• Confirm receipt of letters of recommendation (ideally Oct 1)
• MSPE released to all programs: October 1, 2018
• Schedule and start interviewing
• Complete early match rank order lists
Timeline

January - February 2019
• Submit rank order list to NRMP (Main Match)
• Finish interviews
• Early and Military Match results released

March 2019
• Match results released
• SOAP
• Match Day Celebration!
ERAS Application Process
Electronic Residency Application Service (ERAS®)

ERAS® streamlines the residency application process for applicants, their Designated Dean’s Offices, Letter of Recommendation (LoR) authors and program directors. By providing applicants the ability to build and deliver their application and supporting materials individually or as a package to programs, ERAS provides a centralized, but flexible solution to the residency application and documents distribution process.

ERAS for Medical Schools

DWS software support, resources for you and your students, important dates and your timeline, as well as ERAS news and announcements.

ERAS for Residents

https://students-residents.aamc.org/attending-medical-school/how-apply-residency-positions/applying-residencies-eras/
Letters of Recommendation (LoR) Portal
## Important Dates AGAIN

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Now</td>
<td>ERAS 2019 available for limited use</td>
</tr>
<tr>
<td>AUG</td>
<td>CAS Target Date (Ophthalmology)</td>
</tr>
<tr>
<td>Sept 15, 2018</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, 2018</td>
<td>MSPE’s are released</td>
</tr>
<tr>
<td>Dec 2018</td>
<td>Military Match</td>
</tr>
<tr>
<td>Jan 2019</td>
<td>Urology Match</td>
</tr>
<tr>
<td>March 2019</td>
<td>NRMP Match results will be available</td>
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RESOURCES
www.aamc.org

https://students-residents.aamc.org/applying-residency/apply-smart-residency
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 2016
• 2016 NRMP Program Directors Survey
• 2015 Applicant Survey Data
• Match Algorithm
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
  ◦ http://www.mededu.miami.edu/MedEd/opdcm/

Careers in Medicine
  ◦ http://www.aamc.org/careersinmedicine
  ◦ https://www.aamc.org/cim/specialty/list/

Strolling Through the Match
  ◦ https://nf.aafp.org/Shop/students/strolling-through-the-match
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 CVs. 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
- Sample 7 MD-MPH
- Sample 8 MD-MPH
- Sample 9 MD Includes Pathway Description
- Sample 10 MD Includes Pathway Description
- Sample 11 with HPN or MSP Description
- Sample 12 Military
- For Sample Blurbs of Student Government Activities, CLICK HERE
The Cost of Applying for Medical Residency

Though the costs associated with applying for a residency position will be a minor portion of the total cost of your medical education, they can still add up. Because application fees are not always covered by student loans, it is important to develop a plan early on for how you will manage these expenses.

Application Costs

The residency selection process includes application fees for two items: initially ERAS® and later, the NRMP. These application fees are separate from interview expenses which are more varied and driven by geography. The total cost of the process will fall within a wide range, depending on key factors such as which specialty or specialties the applicant is interested in, how many applications are made and programs ranked, and how close the applicant is to these programs geographically.

The application fees are easier to project, but they will vary depending on volume. For example, consider these scenarios for a medical student focused on a single specialty:

- applying to and ranking 10 programs would cost roughly $260
- applying to 40 and ranking 20 programs would be nearly $820
- applying to 80 programs and ranking 25 would be over $2,000.

These examples represent lower, middle, and higher volume scenarios.

Electronic Residency Application Service (ERAS®)

https://students-residents.aamc.org/financial-aid/article/cost-applying-medical-residency/