I have no outside relationships with industry. I do not serve as the PI on any industry supported research projects.
Thank you!

- Pamela Beatty Cupitt, ERAS and NRMP Administrator
- Barbara Sharp, ERAS Coordinator
- Denise Brennan, FCA Coordinator
- Angela Hickey, Branches Program Manager
- Dr. Kate Klein, Branches Director
- Dr. Eric Middleton, Counselor Reviewer
- Denise Miller, Administrative Specialist
- FCAs and Branch Advisors
And congrats to and cheers for you all!

- You did it! You made it through the clinical trunk.
- Step 1 (a great learning opportunity): You got this! Solidify your learning, support each other, be mindful in both studying AND in your own wellness.
- Branch scheduling now: Branches handbook
  - Career Planning -> Planning for Residency Application -> Select specialty
  - Also… you have opportunities to change (within deadlines, of course!)
More Career Seminars and Drop In Sessions…

- Career Selection and Residency Match Preparation with FCA breakouts *(Today’s Session)*
- Residency Application
  - April-ish 2021 (CV and Personal Statement)
  - July/August 2021 (Drop In Sessions: ERAS Application Questions)
- Residency Interviewing Prep – September 2021 (?)
- Preparing the Rank List – January 2022 (?)

Unknowns with COVID and virtual interviewing….
Today’s Format

- 11:00 – 11:45-ish am
  - Career Decision Making and Components of Residency Application Process
- 11:45 – noon
  - Questions
- Noon – 12:30 pm
  - Breakout Sessions with Faculty Career Advisors (links at end of talk)
- 12:30 – 1 pm break
- 1 pm CCA Overview with Dr. Heidemann than Branch breakouts
Match Preparation Timeline

- **AUG**
  - LOR Writers Are Volunteering/or You Are Asking
  - CV and Personal Statement
  - reconnect mid-Jul
- **SEP**
  - ERAS Application Cycle
- **OCT**
  - Career Decision Making
- **NOV**
  - Faculty Career Advisor Meetings
- **DEC**
- **JAN**
- **FEB**
- **MAR**
- **APR**
- **MAY**
- **JUN**
- **JUL**
- **AUG**
  - ERAS Application Cycle
  - ERAS Submission
Career Exploration

- Overview: Career Exploration
  - Talk with faculty in your specialties of interest
  - Meet with your House Counselor or me for unique situations, concerns, or career questions

- Specifics: Faculty Career Advisor meetings and selection
  FCAs are listed on the Med Students Gateway by specialty:
  http://medstudents.medicine.umich.edu/student-support/career-development/faculty-career-advisors
  Student Support → Faculty Advisors
  - Conversations about specialties and your competitiveness
Curriculum Vitae and Personal Statement

- Helpful to bring CV and Personal Statement (maybe your AMCAS one at 1st) to FCA meetings
- CV: Expect it to be relatively brief (about two pages for many students)
- Personal Statements: A one page essay that describes your motivation, qualifications, expectations, and special attributes for residency training in your chosen field
Letters of Recommendation

Who do you ask?
- Faculty members who know you well, and can write a supportive letter that praises clinical skills and unique strengths
- Senior faculty who are recognized in their field may have more clout, especially in smaller fields

How many?
- ERAS allows four letters to be sent per program
- 3 or 4 - at least two from your selected field
- A “chair’s” letter is necessary in some fields and counts as one of the “3 or 4” LORs

Do I need a letter from my M2 year?
- Maybe? About 50% tend to get letters from clinical trunk.
- Ask any time from now to January (so letter writers remember you)
Characteristics of Good Letters

- Address clinical skills, fund of knowledge, professionalism, and any outstanding or unique characteristics

- Research mentors, basic science faculty, bosses from previous work, etc., not highly desirable letter writers unless a unique situation or MSTP mentor

- Remember some of you will be applying to 2 different specialties - need to clarify with letter writers
Letters of Recommendation

- Meet with the faculty member (briefly) and provide the faculty member with:
  - CV, personal statement
  - Grades and perhaps clinical comments
  - Step scores when available
- Do not ask for extra faculty letters
- OMSE Deans or staff cannot review and select the best letters for you
- You will be waiving the right to see your letters
All students are required to *schedule* Step 2 exams by June 1\(^{st}\) and to *take* Step 2 exams before October 1\(^{st}\)

- Recommend taking Step 2 early
- Some programs want Step 2 scores early in their assessment process
- **Schedule CS early, spots fill up!**

NBME has suspended Step 2 CS indefinitely but if reimplemented our policies are:

- Programs will likely want/require Step 2 CS score prior to including you on their Rank Order List (ROL) in February 2022.
- Take CCA first, before taking Step 2 CS
Who are Faculty Career Advisors?

- Faculty with strong medical student interest who are screened, oriented, and best able to provide tailored career advice. Listed by specialty:
  - [http://medstudents.medicine.umich.edu/student-support/career-development/faculty-career-advisors](http://medstudents.medicine.umich.edu/student-support/career-development/faculty-career-advisors)

- Schedule initial meeting(s) with FCA(s) by February 2021
  - Provide your information: grades, drafts of CV, personal statement, Step 1 score (when available)
  - Plan on meeting periodically throughout the Branches
Assessing Your Competitiveness

- Counselors and I have 5 year composite data for UM students in specialties here.
- Even more useful AAMC CiM, Texas STAR (Seeking Transparency in Residency Application) Dashboard data, and NRMP Interactive Charting Outcomes:
  - [https://app.powerbi.com/groups/me/reports/7274399f-f88c-4d27-b732-09bbf223e6ca/ReportSection375956934d392c53640e?ctid=9d418695-71ac-4c31-b5b2-c196c8ec3c8a](https://app.powerbi.com/groups/me/reports/7274399f-f88c-4d27-b732-09bbf223e6ca/ReportSection375956934d392c53640e?ctid=9d418695-71ac-4c31-b5b2-c196c8ec3c8a)
- Register for Step 2 exams **by June 1\textsuperscript{st}, however, try to schedule much earlier for preferred dates/sites**
- Finish exploration rotations
- Complete CV and Personal Statement
- Formally ask 3-4 faculty for letters of recommendation
- Read about specific residency programs
- Dean’s Letter Appointment – sign-up in mid April
Overview of 2021-2022
Time Frames

- **September – November**
  - Submit ERAS (Residency Application) 9/15/2021 (?)
  - Register for NRMP (The Match)
  - Take Step 2 exams by October 1, 2021 Deadline

- **October - January**
  - Interview Months

- **January - February**
  - Develop and enter Rank Order List online via NRMP

- **March**
  - Match Day – March 18, 2022

- **May**
  - Graduation – May 13, 2022
Early Match Disciplines

- **Urology** (Uses ERAS to transmit application materials to programs: read information at link below)
  [https://www.auanet.org/education/residency.cfm](https://www.auanet.org/education/residency.cfm)


- **Military**

  Moves the process up by about 6-8 weeks - so need to know about programs sooner - work with Faculty Career Advisor (FCA)
Couples Matching

- Any 2 qualified applicants can couples match
- NRMP relies on applicants to ensure accuracy of their rank order list
- NRMP Website for Couples Matching
- 2020 – Nationally 95.6% success rate of couples matching
- UMMS had 17 students in 2020 who couples matched
Making the Final Decision

- **Fine** to be undecided now, **BUT** start doing your homework:
  - Meet with FCA’s
  - Gather information to update your CV

- Explore, and get ready - this needs to be an active process during coming months, especially if you are currently undecided!
Make the most informed choice you can

- Occasionally residents leave their initial residency and change specialties
- Rarely physicians change specialty within 5 years of completing training
- GME funding for those who switch residencies or do a 2nd residency is limited – choose wisely now
Decision Guidelines vs Deadlines

- June - July 2021 narrow your options to 2 specialties.
- The Branches allow for great opportunities to explore different career electives. **Pay attention to ALL deadlines in order to make any schedule changes.**
- Waiting to decide beyond August will **hurt chances for interviews and matching.**
About Your Schedule

- You **will** have enough time and the opportunity to make a good decision
- Away or “audition” rotations are NOT standard, required, or expected for most fields (exceptions might by Ortho and Neurosurg)
- Away rotations may be beneficial in highly competitive specialties or if you have major restrictions...
- *Necessary* Branch schedule changes are possible, but **must adhere to deadlines**
“Parallel” Planning

- AAMC’s term for a process to dual apply
  - More work, but increases chances of matching if desired specialty is a reach for an applicant
  - 14 UMMS students dual applied for the 2019 cycle
Adding a Year

- Research Year to Improve Competitiveness
  - No guarantees
  - Each situation is unique
  - Publications as a tangible product
  - FCA will help guide your decision
Specialty Competitiveness

- **Especially:** Dermatology, General Surgery, Neurosurgery, Ophthalmology, Orthopaedics, Otolaryngology, Plastic Surgery, Radiation Oncology, Urology
- **Moderately:** Anesthesiology, Emergency Medicine, Obstetrics and Gynecology, Radiology
- All other fields - overall less competitive *except* for certain programs or locations
How to Estimate Your Competitiveness

- Provide your “data” to a Faculty Career Advisor, counselors or OMSE Dean, and ask for a candid response
  - Grades, CV, Step 1 score (when available)
    - Work/research/service/leadership experiences
- Do not base competitiveness on comments from faculty or residents who have worked with you clinically but are NOT FCA’s and don’t know your data
- Ask tough questions
- Be prepared for tough answers
On the Other Hand…

Don’t Sell Yourself Short

- Some of you will underestimate your competitiveness
- Don’t exclude a field that you’re interested in without talking to FCA’s
The Residency Match

- Electronic Residency Application Service (ERAS)
- National Residency Matching Program (NRMP)
  - You must register for both, first ERAS then NRMP
  - We will remind you of approaching deadlines
Job Qualifications -
You Are Well Prepared

- UMMS applicants rated highly nationally by residency program directors

- You will be highly regarded - use it to your advantage
Strategic Career Counseling

- Helps put your best foot forward from the beginning
  - Close contact with FCA’s
  - Meetings with the Student Services Assistant Dean and/or House Counselors
  - Development of an acceptable parallel plan
  - Review number of applications, interviews, and rank list
- Individualized assistance for students who are at risk for not matching
  - Goal – identify specialties and programs where there are good chances for successful matches
Do You Need Extra Help?

YES, if any of these apply

- USMLE score of < 205 or Step I failure for any field
- Academic performance (P>HP>H) and/or USMLE Step I <240 when applying in an especially competitive match field
- All or almost all “passes” for any field or failure in any clerkship
- Late decision and application (after September 15th)
- Applying in more than one field
- Narrow regional restriction for applications
- Couples match
- There is something in your history or comments that may raise a “red flag”; prolonged LOA(s) for personal reasons, professionalism concerns
How To Get Extra Help

- Use your FCA(s) for assessment of your competitiveness for a specific field and any steps you can take now to improve your competitiveness

- Schedule an appointment with your House Counselor or the Assistant Dean for Student Services well before you apply

- Use your Deans letter session to briefly discuss concerns
Need More Help?

- Talk to M4s who are in the match process this year
- Come see us in Student Services
- Check out AAMC CiM, NRMP, FREIDA websites
- Talk to faculty
- Read! Reflect!
Office of Student Services
Career Resources

- Erin McKean, MD  appointments: Denise Miller
  763-3772, email denisecm@umich.edu
- Barbara Sharp, ERAS Coordinator,
  763-2380, email: bajeshar@umich.edu
- Pamela Beatty Cupitt, MLS, Administrative Manager,
  936-3697, email: pcupitt@umich.edu

- House Counselors:
  - Tu’Rone Elliott, MS, LPC:  tmelliot@med.umich.edu
  - Eric Middleton, PhD:  emiddle@med.umich.edu
  - Christine Neejer, PhD:  cneejer@med.umich.edu
  - Amy Tschirhart, MA, LPC:  awtsch@med.umich.edu

- Residency & Match Assistance Website:
  http://medstudents.medicine.umich.edu/student-support/residency-resources
Career Resources

- AAMC Publication: Roadmap to Residency –
  - Available on Canvas under Residency Resources
- Book - Getting into a Residency, 8th ed.
  - Kenneth V. Iserson, Galen Press
- AAMC Careers in Medicine: [www.aamc.org/cim/](http://www.aamc.org/cim/)
  - Enter your AAMC user name and password. (Same logon ID used to access the ERAS program
  - Many specialty websites via FREIDA and CiM
- Journals - Provide knowledge of current specialty issues
### FCA’s Attending Today’s Session

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<td></td>
<td>Norah Naughton, MD</td>
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<td>Dermatology</td>
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<td>Laura Hopson, MD</td>
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<td>Eric Skye, MD</td>
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<td>Samantha Kempner, MD</td>
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<td>Ophthalmology</td>
<td>Ariane Kaplan, MD</td>
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<td>Daniel Wahl, MD</td>
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### Break Out Sessions with Faculty & Zoom Links

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<td><a href="https://umich-health.zoom.us/j/92161082160">https://umich-health.zoom.us/j/92161082160</a></td>
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