

Residency Application 101: Components & Strategies

CAREER ADVISING

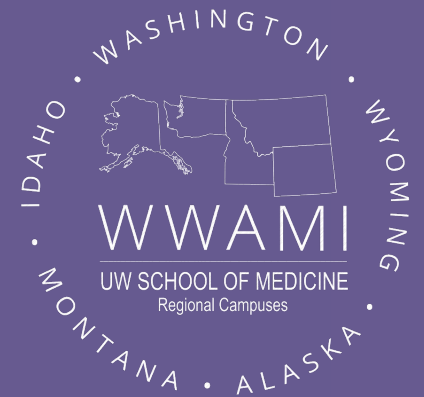
Tonja Brown

Linh Ngo

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Dr. Maya Sardesai

June 23, 2023



UW Medicine

AGENDA

Resources & Timeline

Application Components

Strategies on ERAS Experience Section

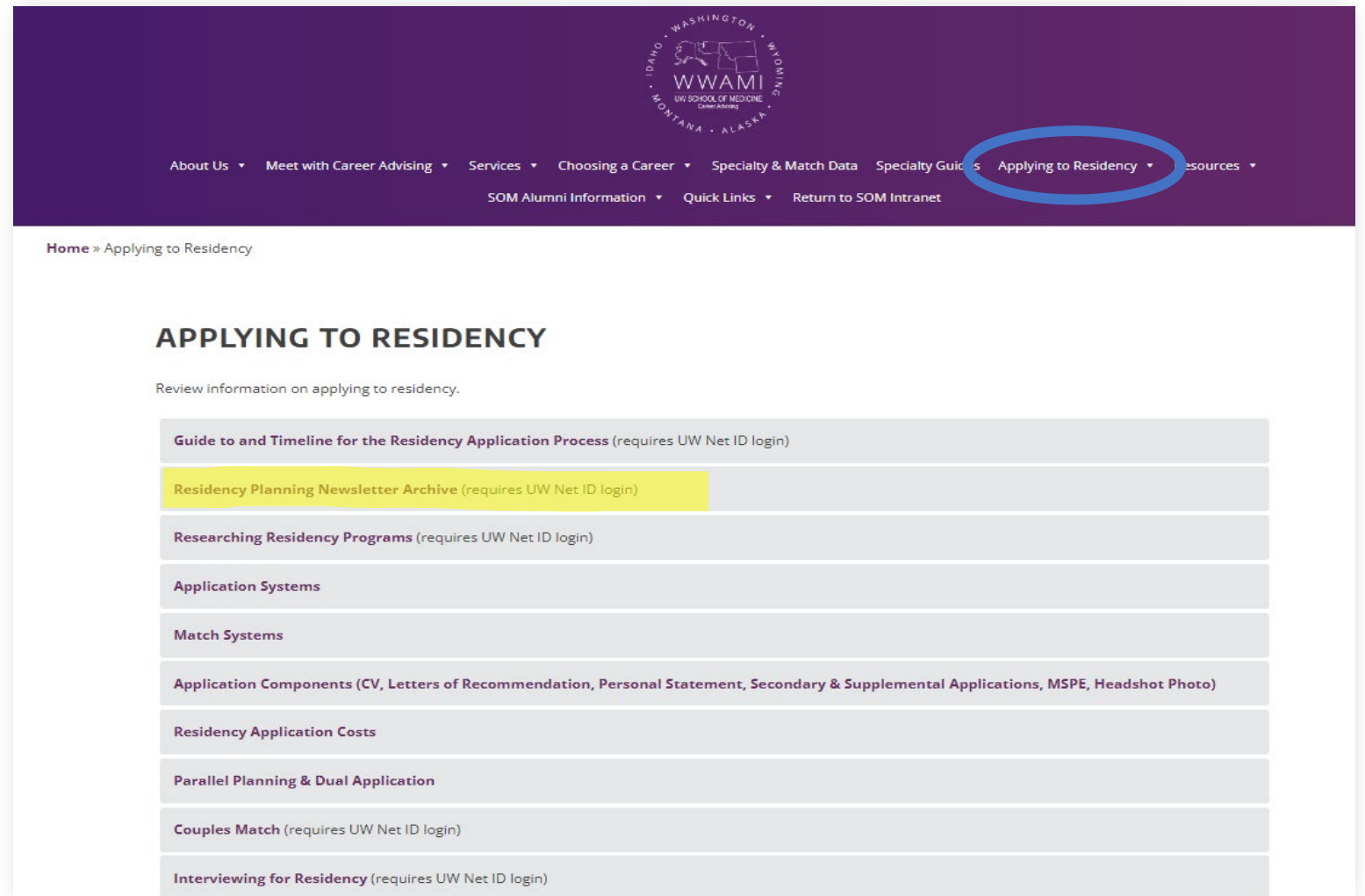
Strategies on ERAS Geographical
Preference & Signaling



YOU
can
DO IT!

Resources on the Career Advising Website

education.uwmedicine.org/career-advising/applying-to-residency/



WWAMI
UW SCHOOL OF MEDICINE
Career Advising

About Us ▾ Meet with Career Advising ▾ Services ▾ Choosing a Career ▾ Specialty & Match Data ▾ Specialty Guides ▾ **Applying to Residency ▾** Resources ▾

SOM Alumni Information ▾ Quick Links ▾ Return to SOM Intranet

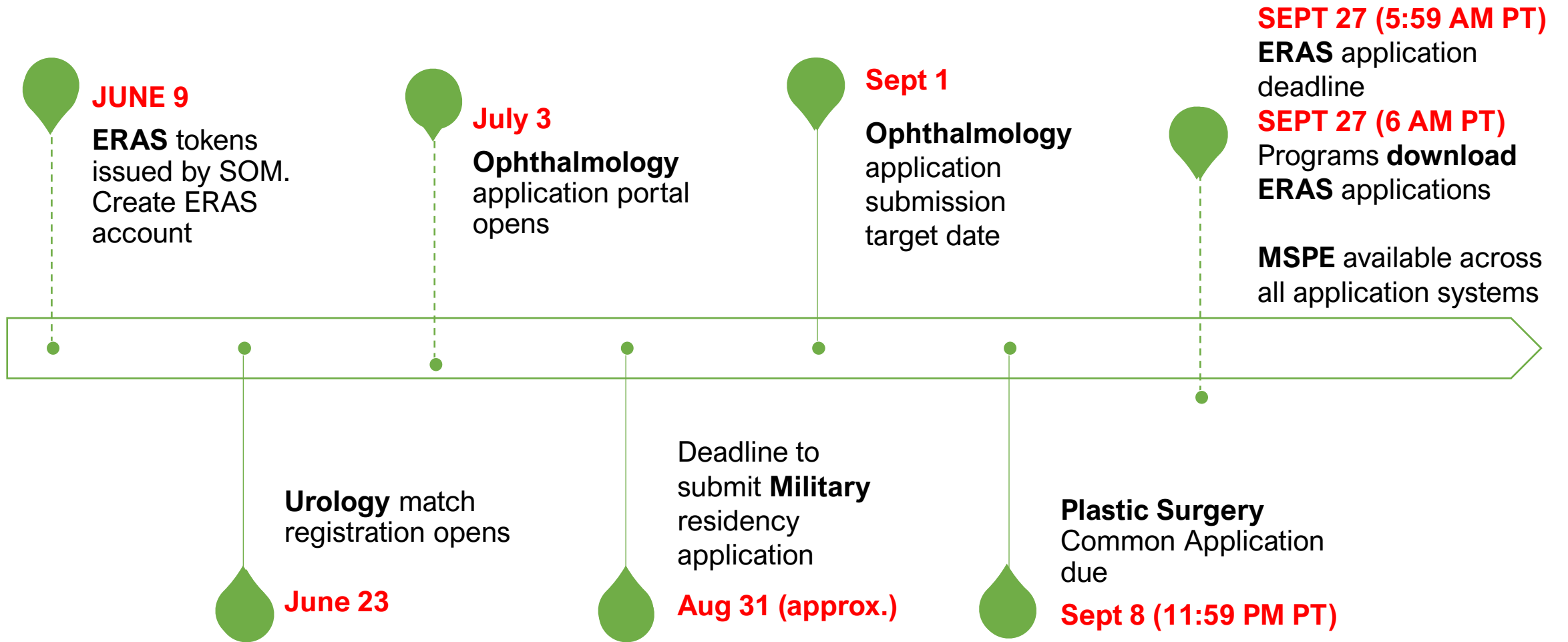
Home » Applying to Residency

APPLYING TO RESIDENCY

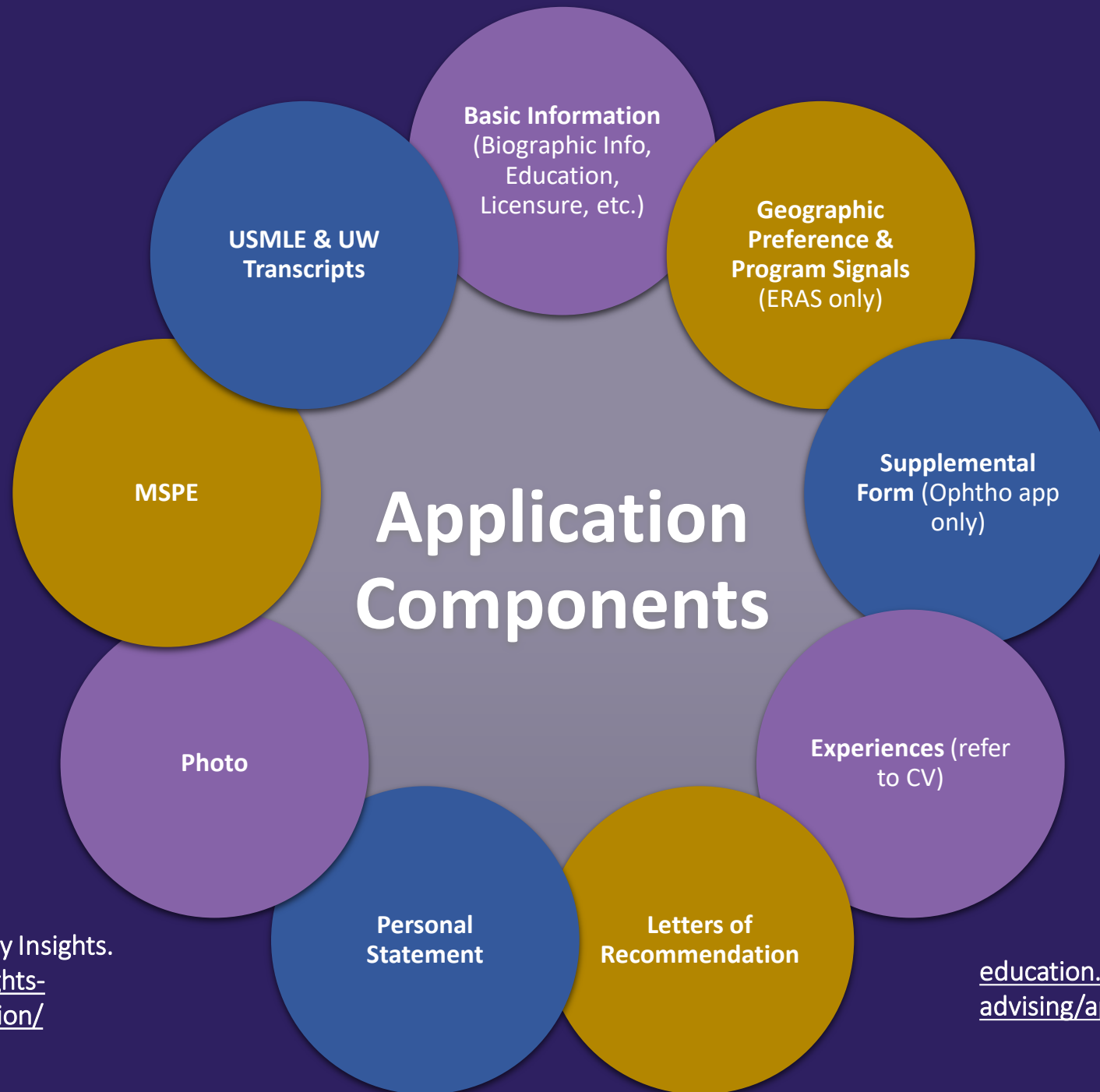
Review information on applying to residency.

- Guide to and Timeline for the Residency Application Process (requires UW Net ID login)
- Residency Planning Newsletter Archive (requires UW Net ID login)**
- Researching Residency Programs (requires UW Net ID login)
- Application Systems
- Match Systems
- Application Components (CV, Letters of Recommendation, Personal Statement, Secondary & Supplemental Applications, MSPE, Headshot Photo)
- Residency Application Costs
- Parallel Planning & Dual Application
- Couples Match (requires UW Net ID login)
- Interviewing for Residency (requires UW Net ID login)

Residency Application Timeline 2023-2024



Application Components



Some specialties will also use Acuity Insights.
Visit acuityinsights.app/acuity-insights-casper-for-general-medical-education/

education.uwmedicine.org/career-advising/applying-to-residency/components/

Notes on Completing Your Application

1. Plan to complete your application about 1-2 weeks before applications are due. Goal is:
 - Early August (Military)
 - Mid-August (Ophthalmology)
 - Late-August (Plastic Surgery Common Application)
 - Mid-September (ERAS): Use the [ERAS Residency Applicant Checklist](#)
2. Be responsive to emails!
 - Career Advisors & Specialty Career Advisors, Staff in depts.
 - Student Affairs Staff
 - Letter Writers
 - Program Coordinators and Directors

CV Steps

1. Use the resources on the [CV webpage](#).
 - Review three-part *CV for the Medical Student Video Series*
 - Draft your CV using the [CV template](#)
 - Use the [CV Editing Checklist](#)
2. [Attend a Group CV Review session – offered on select Fridays; 12-12:30 pm PT](#)
3. [Come to Office Hours](#) (Mon-Thurs, 12-1 pm PT) with additional questions

Personal Statement Steps

1. Use resources on the [Personal Statement webpage](#)
 - Review the three-part [Personal Statement video series](#)
 - **Draft your Personal Statement using the [Personal Statement Worksheet](#)**
 - Use the [Editing Checklist](#)
2. Ask 2 physicians in your specialty to review (1 is okay)
3. Submit your draft to [Career Advising Personal Statement Review Service](#)
4. Finish editing via your professional and peer networks

Personal Statement Worksheet

A. Identifying the Foundations of Your Personal Narrative

Step 1: Reflect on these questions:

What **three words** would my colleagues, friends, and family use to describe me?

What are my **strengths and skills**? Those that are important to me and valued by this specialty.

What **interests, life experiences, or accomplishments** demonstrate my strengths and skills/or exemplify my values and priorities? **What accomplishments in my life make me proud?**

What **obstacles** have I encountered and what have I **learned from them**?

Are there **extenuating circumstances, challenges, or sensitive issues** I may need to address? E.g., academic difficulties, extended time in medical school. *Ask your Specialty Career Advisor if this needs to be in your personal statement.*

What are my **professional goals**?

What is the **one thing** I want programs know about me?

Step 2: Craft your hook: Identify a compelling personal or patient story that makes the committee want to know more. If you choose a patient story or one about another person, it should underscore your own qualities.

How did it **impact** me, my growth, and the way I approach situations?

Career Advising Personal Statement Review Service

Upload your PS for review using [this Microsoft Form](#)

- Submit no later than **July 31st**
 - Now-July 10: **3-week** turnaround time
 - July 11-20 (closed for submissions)
 - July 21-July 31: **4-week** turnaround time
- 1-2 physicians in your specialty needs to review before you submit
- One review per student
- Submission must be 650 words or less. One page only.

Letters of Recommendation (LOR)

1. Review the [Letters of Recommendation information in the Residency Planning section of the Specialty Guide](#)
2. [Career Advising LOR webpage](#) has info on what to consider and how to ask

Department (or Chair) Letters are written in these specialties:

- Cardiovascular Surgery (via General Surgery Dept.)
- Derm
- IM
- Med-Peds
- OB/GYN
- Pediatrics
- General Surgery
- Orthopaedic Surgery
- Otolaryngology
- Plastic Surgery
- Radiology
- Urology

Standard Letter of Evaluation (SLOE) or Standardized LOR (SLOR)

- Emergency Medicine
- OB/GYN
- Orthopaedics
- Plastic Surgery
- Psychiatry

Your Department Letter/SLOE/SLOR is one of your letters of recommendation.

Medical Student Performance Evaluation (MSPE)

Report of student progress and academic accomplishments in medical school

[MSPE webpage](#) has instructions on writing noteworthy characteristics

Contact mspe@uw.edu with questions

- **Noteworthy Characteristics due July 9; 11:59 pm PT**
- **Review your draft MSPE in August**

Photo

[Career Advising Photos webpage](#) has info on:

- What to wear, lighting etc.
- ERAS requirements
- Options for taking a professional photo
- Free UW Seattle Career & Internship Center professional photo booth

Secondary Applications

Check each program's website for details about secondary application requirements

- Info may be added later in the summer
- Some programs request a secondary application once an applicant has been invited for an interview

- Check the [ERAS Participating Specialties and Programs](#) webpage for specialty guidance

The screenshot shows the AAMC ERAS Directory website. The main heading is "ERAS 2024 Participating Specialties & Programs". Below this, there is a welcome message and a search bar. A red arrow points from the text "Check the ERAS Participating Specialties and Programs webpage for specialty guidance" to the search bar. The search bar contains the text "Specialties : [Search]". To the right of the search bar, there is a dropdown menu for "Type : Residency" and two checkboxes: "New Specialties" and "Specialty Information Available". Below the search bar, there is a list of specialties under the heading "ACGME Residency - September Cycle". The list includes various specialties such as Aerospace Medicine, Anesthesiology, Child Neurology, Dermatology, Diagnostic Radiology/Nuclear Medicine, Emergency Medicine, Emergency Medicine/Anesthesiology, Emergency Medicine/Family Medicine, Family Medicine, Family Medicine/Osteopathic Neuromusculoskeletal Medicine, Family Medicine/Preventive Medicine, Internal Medicine, Internal Medicine/Anesthesiology, Internal Medicine/Dermatology, Internal Medicine/Emergency Medicine, Internal Medicine/Family Practice, Internal Medicine/Medical Genetics, Internal Medicine/Neurology, Internal Medicine/Pediatrics, Occupational and Environmental Medicine, Orthopaedic Surgery, Osteopathic Neuromusculoskeletal Medicine, Otolaryngology - Head and Neck Surgery, Pathology-Anatomic and Clinical, Pediatrics, Pediatrics/Anesthesiology, Pediatrics/Dermatology, Pediatrics/Emergency Medicine, Pediatrics/Medical Genetics, Pediatrics/Physical Medicine and Rehabilitation, Pediatrics/Psychiatry/Child and Adolescent Psychiatry, Physical Medicine and Rehabilitation, Plastic Surgery, Plastic Surgery - Integrated, Psychiatry, Psychiatry/Family Practice, Psychiatry/Neurology, and Public Health and General Preventive Medicine. Many of these specialties have a red link next to them that says "Specialty Information Available".

Acuity Insights Tests: Casper & Duet

Situational judgment and value alignment assessments

- Some specialties & programs will use these assessments
 - As of 6/20/23 some programs in Anesthesiology, General Surgery, Internal Med, OB/GYN are using
- Programs, testing date, fees are posted at acuityinsights.app/dates-times/
- Test dates fill quickly; test dates ran July – November last cycle
- Reserve the earliest test date that works for you
- Take a practice test to familiarize yourself with assessment
- Watch the 15 minute [Inside the Match podcast](#) on this topic

QUESTIONS?



Plastic Surgery Common Application (PSCA)



OLIVIA JANE

sampleapplicant@gme.edu

(999) 999-9999



★ **SIGNALLED**

DEMOGRAPHICS

Gender:	Female	Ability to carry out responsibilities:	<input checked="" type="checkbox"/> Yes
Ethnicity:	American	Misdemeanor or Felony:	<input type="checkbox"/> No
US Citizen:	<input checked="" type="checkbox"/> Yes	Malpractice Lawsuit:	<input type="checkbox"/> No
Couple's Match:	<input type="checkbox"/> No	Fluent in additional languages:	<input type="checkbox"/> No
Previous Applicant:	<input type="checkbox"/> No		

EDUCATION

July 2012–May 2016	Massachusetts Institute of Technology
	Bachelor's of Science in Chemistry

PSCA: Application Components

Central Application found
at centralapp.accessgme.com/

Personal Information

- Education
- Clerkship Grades
- Honors/Awards
- Research/Publications
- Work Experiences
- Significant Experiences

Short answer questions

Personal Statement

5 Program Signals & Signal Statement – NOT
available in ERAS

FAQs - centralapp.accessgme.com/faq

MSPE - will be uploaded into CAS by UWSOM

3-4 Letters of Recommendation

Medical School Transcripts – order from UW & will
be uploaded into PSCA by UWSOM

USMLE Scores – you provide scores in PSCA & UWSOM
will verify; no need to order USMLE transcript

SF Match & CAS Application (Ophthalmology)

Ophthalmology Residency Match Timeline 2023–24

July 3

Application portal opens. Program interview dates posted on SFM website.



JUL
2023

September 1

Applications are released to programs. Applicants may upload supplemental documents and additional applications as available. Portal will remain open through Dec 31



SEP
2023

October 10

First date that interview invitations may be extended.



OCT
2023

October 23

Interviews begin. All interviews must be conducted virtually



OCT
2023

CAS: Application Components

Central Application Service = CAS in San Francisco Match System

Personal Information

- Contact Info
- Education – All medical school, undergraduate, graduate (non-medical), internship, residency, and fellowship history
- Exams/Licenses/Certs
- Employment History
- Publications
- Honors/Interests – Add Honors, awards, achievements, other research activities, hobbies and interests

MSPE - will be uploaded into CAS by UWSOM

College (undergraduate) Transcript/s – DO NOT need to be "official transcripts"; copies are okay

Medical School Transcripts – order from UW, uploaded into CAS by UWSOM

USMLE Transcript – you upload to CAS

CAS: Application Components

Personal Statement

- 500-word autobiographical sketch
- Two 250-word short essays selected from four short essay question prompts
 - These can be customized for individual programs
- Save all three essays as one file; DO NOT create 3 separate files for each essay question. CAS only allows one personal statement document upload for each program you apply to

3 Letters of Recommendation only

Required Supplemental Form – included in CAS application; includes career objectives, specialty electives and related activities, public services and activities

Acuity Insights – not being used for 2023-2024

ERAS Application

ERAS: 10 Selected Experiences

Please identify and describe up to 10 experiences that communicate **who you are, what you are passionate about, and what is most important to you.**

Entry 1

- ✓ Refer to your CV
- ✓ Choose from 8 Experience Types
- ✓ Enter the bullet points from your CV into text boxes

Organization*

Experience Type*

Position Title*

Internship Leadership role

Start Date*

End Date*

Country*

State/Province*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles and Responsibilities:
1020-character limit

ERAS: 10 Selected Experiences

Choose the *one* focus area that *best* describes the experience for you.

Primary Focus Area

Context, Roles and Responsibilities:
1020-character limit

try 2

Organization*

Experience Type*

Key Characteristics

- Basic science
- Clinical/translational science
- Community involvement/outreach
- Customer service
- Health care administration
- Improving access to health care
- Medical education
- Music/athletics/art
- Promoting wellness

Choose the *most important* characteristic that you demonstrated or developed during the experience.

Primary Focus Area

Context, Roles and Responsibilities:
1020-character limit

try 2

Organization*

Experience Type*

Key Characteristics

- Communication
- Critical thinking and problem solving
- Cultural humility and awareness
- Empathy and compassion
- Ingenuity and innovation
- Reliability and dependability
- Resilience and adaptability
- Self-reflection and improvement
- Teamwork and leadership

ERAS: Selecting 10 Experiences

- Focus first on your medical school experiences. Work back to pre-medical school experiences.
- From your CV, select:
 - ✓ Substantive, impactful activities, longitudinal experiences
 - ✓ What you have invested time in
 - ✓ Experiences that demonstrate dedication to leadership, service, advocacy, research, or other areas that represent your interests and strengths
 - ✓ What you are passionate about
 - ✓ What you want to talk more about in your interviews (consider what your specialty values)
- Use bullet points/not sentences.
- Quality is more important than quantity.

Consider the overall message of your 10 experiences - Do they give a holistic view of what is most important to you?

ERAS: Personal Interests & Hobbies

- No longer a standalone section
- A hobby could be a Selected Experience, but only if it demonstrates significant dedication of time/effort, connection to values
- **Be prepared to talk about your personal interests during interviews**

ERAS: 3 Meaningful Experiences

Selected Experiences | What made this experience meaningful?

Identify and describe up to three of the 10 experiences that you found the most meaningful.

Reflect on the experience, why it was meaningful, and how it influenced you. Weave in the focus area or key characteristic you tagged. This should not describe what you did in the experience or list a set of skills that you developed or demonstrated during the experience.

1 of 3 Meaningful Experience

Description:

300-character limit

ERAS: Impactful Experiences Essay

Describe any challenges or hardships that influenced your journey to residency. *(750-character limit)*

- Meant to capture information not otherwise described in PS, MSPE bullets, experiences
- Additional opportunity to demonstrate determination and resilience
- Not expected that all will complete this section. If you do, be prepared to talk about the content during interviews. Don't write an essay if not appropriate for you.
- 56% of applicants in 2022 wrote an essay

ERAS: Impactful Experiences

In 2022, most essays were related to sustained and/or critical experiences that applicants encountered:

Examples:

- **Financial Hardships:** Worked to support family growing up
- **Life Circumstances:** Serious life challenge, illness, passing of a family member, serving as caregiver while working or in school
- **Family Background:** First generation student, low socio-economic status
- **Educational Experiences:** Limited access to resources, advisors and mentors
- **Community Setting:** Food scarcity, housing insecurity, limited access to resources, medical care

QUESTIONS?



Program Signaling

Applicants' opportunity to express strong interest in a residency program.

Please select the specialty (or specialties) to which you intend to apply:

- Anesthesiology (5 gold, 10 silver signals)
- Child Neurology and Neurodevelopmental Disabilities* (3 signals)
- Dermatology (3 gold, 25 silver signals)
- Diagnostic Radiology and Interventional Radiology (6 gold, 6 silver signals)
- Emergency Medicine (7 signals)
- Family Medicine (5 signals)
- General Surgery (5 signals)
- Internal Medicine (7 signals)
- Internal Medicine/Psychiatry (2 signals)
- Neurology (Adult) (3 signals)
- Neurological Surgery (25 signals)
- Obstetrics and Gynecology (3 gold, 15 silver signals)
- Orthopedic Surgery (30 signals)
- Otolaryngology (25 signals)
- Anatomic and Clinical Pathology(5signals)
- Pediatrics (5)
- Physical Medicine and Rehabilitation (5 signals)
- Psychiatry (5 signals)
- Public Health and General Preventive Medicine (3)
- Thoracic Surgery (3 signals)

Program Signaling – 2023 AAMC Data

- In all specialties except Ortho, 10% of programs received 20-30% of all signals sent by applicants – signals carry different weight across programs
- Sending a program signal resulted in a higher probability of interview invitation for all participating specialties
- Sending a signal did not guarantee an interview invitation
- Signaling had a very variable yield for UWSOM students last cycle

Source: aamc.org/media/64591/download

Program Signaling – Strategy

- Use all signals available to you
- AAMC guideline is to **signal home & away programs** if you want to interview at these programs
- Visit [Application and Program Signaling webpage](#) for more information
- Signal programs where you are competitive/have a reasonable chance of getting an interview AND where your interests and values are aligned with those of the program
- ***Work with your Specialty Career Advisor/s to identify programs to signal***

Geographic Preferences: Division Preferences

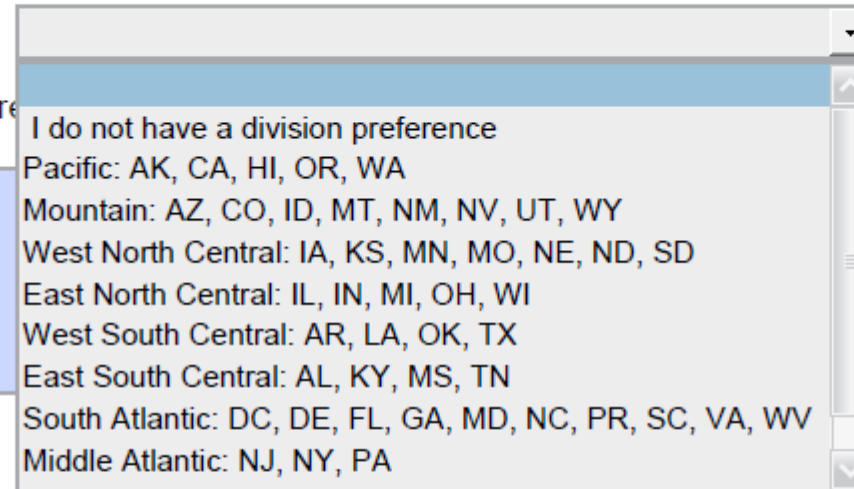
Offers opportunity to communicate preference or lack of preference for geographic divisions.

- 9 U.S. Census division options
- Select up to 3 divisions
- Corresponding text box to describe preference
- Cross-reference your program list to the Census divisions to determine your preferencing strategy & discuss with your SCA

Entry 1

U.S. Census division:

Please describe your preference or lack of preference for the division you selected (300-character limit):



A screenshot of a web form showing a dropdown menu for "U.S. Census division:". The menu is open, displaying a list of options. The first option is "I do not have a division preference". Below it are the names of the nine U.S. Census divisions, each followed by the states it includes: Pacific: AK, CA, HI, OR, WA; Mountain: AZ, CO, ID, MT, NM, NV, UT, WY; West North Central: IA, KS, MN, MO, NE, ND, SD; East North Central: IL, IN, MI, OH, WI; West South Central: AR, LA, OK, TX; East South Central: AL, KY, MS, TN; South Atlantic: DC, DE, FL, GA, MD, NC, PR, SC, VA, WV; Middle Atlantic: NJ, NY, PA.

Entry 2

U.S. Census division:

Please describe your preference or lack of preference for the division you selected (300-character limit):



A screenshot of a web form showing a text input field for "Please describe your preference or lack of preference for the division you selected (300-character limit):". The field is empty and highlighted with a blue background. A red circle is drawn around the text "(300-character limit):".

U.S. Census region map used to define states within each division:



Ex.) OB Programs by Geographic Regions

REGION	STATES	# PROGRAMS
Pacific West	AK, CA, HI, OR, WA	0, 22, 2, 1, 3 (28)
Mountain West	AZ, CO, ID, MT, NM, NV, UT, WY	3, 2, 0, 0, 1, 2, 1, 0 (9)
West North Central	IA, KS, MN, MO, NE, ND, SD	1, 3, 2, 5, 2, 0, 0 (13)
East North Central	IL, IN, MI, OH, WI	13, 2, 25, 15, 3 (58)
West South Central	AR, LA, OK, TX	1, 5, 5, 23 (34)
East South Central	AL, KY, MS, TN	2, 3, 1, 8 (14)
South Atlantic	DC, DE, FL, GA, MD, NC, SC, VA, WV	3, 1, 14, 7, 5, 9, 4, 7, 3 (53)
Middle Atlantic	NJ, NY, PA	15, 35, 18 (68)
New England	CT, ME, MA, NH, RI, VT	6, 1, 6, 1, 1, 1 (16)

Puerto Rico (3)

Geographic Preferences: Setting Preferences

Offers opportunity to communicate preference or lack of preference for urban, suburban, or rural settings.

- 5 setting options
- Select 1 setting preference
- Text box to describe preference
- If you indicate a preference or lack of preference for setting, your response and corresponding explanation will be shared with **all** programs to which you apply

Indicate your preference or lack of preference for rural or urban settings.

Please describe your setting preference or lack of preference (300-character

The image shows a screenshot of a web form. On the left, there is a text input field with a light blue background. To its right is a dropdown menu with a light blue header and a white body. The dropdown menu is open, showing five options: "Rural", "Rural or suburban", "Suburban", "Suburban or urban", and "Urban". The text "(300-character" is circled in red in the text input field. The form is set against a light blue background.

Geographic Preferences: Setting Preferences

Offers opportunity to communicate preference or lack of preference for urban, suburban, or rural settings.

- **URBAN:** The central part of a city; high population density; high density of structure such as houses, buildings, railways; public transportation more readily available for commuting; most jobs are non-agricultural.
- **SUBURBAN:** Smaller urban area around a city; less populated than a city; serves mainly as residential area for city's workforce; mostly residential with single-family homes, stores, and services; more parks and open spaces than a city; limited public transportation and private vehicles needed for commuting.
- **RURAL:** Large amounts of undeveloped land; low population density; open areas of land with few homes or buildings; no public transportation; private vehicles needed for commuting; main industries likely to be agriculture or natural-resource extraction.

How Geographic Preferences are Shared with Programs

Division preferences:

- If you select a particular division, only the programs in that division will see your response. All other programs you apply to outside your preferred divisions will not see information about your geographic preferences.
- If you select “I do not have a division preference,” then all programs to which you apply will see your response.
- Don’t skip this question! If you do, no information will be provided to any program.

Setting preferences:

- If you indicate a preference or lack of preference for setting, your preference (or lack of preference) and corresponding explanation will be shared with *all programs to which you apply*.
- If you do not respond to or skip the question, no setting preference information will be shared with any programs.

Geographic Preference – 2023 AAMC Data

- Some geographic divisions have more programs than others
- Geographic preferencing resulted in a higher probability of interview invitation for all participating specialties
- Geographic preference impact varied between specialties
- Programs varied widely in how they used preferences; sending a preference did not guarantee an interview invitation

<https://www.aamc.org/media/64591/download>

Geographic Preferencing: Strategy

- Some geo divisions have more residencies than others - consider strategy here
- If the programs you are applying to are in more than 3 regions it would make sense to indicate no geographic preference.
- No geographic preference is fine. It is optional to explain why you have no preference. If you write a comment, your statement needs to be general enough to work for all the states where you are applying.
- If you want to signal a program that is not in one of your geographic divisions, briefly highlight the reason in your Personal Statement.

<https://www.aamc.org/media/64591/download>

ERAS: Applying to Two Specialties

- All programs in both specialties will see the same content for meaningful experiences and geographic preferencing
- Signals will be different for each specialty

Example Student Applying in Anesthesiology and IM:

- Completes just 1 ERAS application
- **Both** Anesthesiology and IM programs will see the same meaningful experiences/impactful life experience essay
- **Both** Anesthesiology and IM programs will see the same geographic & setting preferences
- Student will have 15 Anesthesiology signals + 7 IM signals

UWSOM Residency Advising Resources & Services

- 1:1 advising
- Couples' match advising
- CV group review sessions
- Personal statement review
- Mock interviews
- Photos
- **Biweekly residency prep newsletters**
- Dedicated ERAS Office Hours
- Rank List Dedicated Office Hours
- Extended office hours
- Residents in Medicine (RIM) Directory
- UWSOM interviews & match data updated by July
- Residency program review*

**Offered by specialty career advisors*

QUESTIONS?

