

# SOAP Prep Session

UW SCHOOL OF MEDICINE

Career Advising, Family Medicine, Internal Medicine, Surgery, & Student Affairs

February 2023



UW Medicine

# Agenda

---

- Framing Remarks: Dr. Maya Sardesai and Cliff Kelly
- SOAP Support Team
- UWSOM Career Advising for SOAP Planning
- SOAP & Match Week Schedule
- Application Logistics
- Advice from Specialty Career Advisors: FM, IM, General Surgery
- Student Q&A

# National AAMC SOAP Session for Students

---

The AAMC ERAS program and the NRMP will host a joint webinar to introduce residency applicants to the SOAP schedule and process.

[Registration for the residency applicant webinar](#) is now open

Tuesday March 7

9 a.m. AK, 10 a.m. PT, and 11 a.m. MT

# ASSISTANT DEAN FOR STUDENT DEVELOPMENT

---

Dr. Maya Sardesai

Emails: [sardesai@uw.edu](mailto:sardesai@uw.edu) & include  
[adminsa@uw.edu](mailto:adminsa@uw.edu)

## **Big Picture:**

Yes, the idea of SOAP may feel scary, but...

You will still be the great physician you wanted to be.

We have all worked with physicians who have gone through SOAP and haven't known it.

You can still pursue the fundamental motivations that brought you to medicine.

## **Main Take Homes:**

You are not alone in this process.

You have available to you a large team of experts here who want to help!

... Make use of these resources!!

# ASSISTANT DEAN FOR STUDENT DEVELOPMENT

---

Dr. Maya Sardesai

Emails: [sardesai@uw.edu](mailto:sardesai@uw.edu) & include  
[adminsa@uw.edu](mailto:adminsa@uw.edu)

## **Before SOAP Week**

- SOAP planning & strategy
  - Exploring options like expansion +/- research v.s. prelim year

## **During SOAP Week**

- Support for students throughout week
  - Connecting with SCAs as needed
- Available to meet/chat for as needed

## **Any Time!**

- Students can schedule a meeting using this link: <https://uwsom-studentaffairs.as.me/schedulesardesai> or by emailing [adminsa@uw.edu](mailto:adminsa@uw.edu) if you need a sooner appointment

# COUNSELING & WELLNESS

---

Cliff Kelly, Darren Fisher, Satoko Takeda

UWSOM Student Wellness & Counseling Services Staff

Emails: [ckelly70@uw.edu](mailto:ckelly70@uw.edu), [fisherda@uw.edu](mailto:fisherda@uw.edu), [staked@uw.edu](mailto:staked@uw.edu)

Website: [education.uwmedicine.org/student-affairs/counseling-wellness](http://education.uwmedicine.org/student-affairs/counseling-wellness)

## **Before SOAP Week**

- UWSOM Student Counselors are available to help you to develop a support plan on how to best navigate this stressful week.

## **During SOAP Week**

- Our staff team will be available both in person and virtually to help support your emotional and mental health needs.

## **Helpful Tips for Navigating SOAP**

- Hope still exists and requires action. Nothing is over!
- SOAP is not a process to tackle on your own. Isolation is not an effective solution.
- Daily check-ins with yourself by connecting to the rest of the world is important.

**For Support, please email any of our team.**

# SOAP Support Team

---

- Dr. Maya Sardesai, Assistant Dean for Student Development
- Specialty Career Advisors
- Career Advisors (Linh Ngo, Sarah Thomson, Tonja Brown)
- General Student Affairs (Sarah Wood)
- Counseling Services (Cliff Kelly, Darren Fisher, Satoko Takeda)
- College Mentors
- Regional Deans
- Others in Your Life

# CAREER ADVISING

Sarah Thomson, Linh Ngo, Tonja Brown

Career Advisors

Email: [medadv@uw.edu](mailto:medadv@uw.edu)

Website: [education.uwmedicine.org/career-advising/applying-to-residency/soap](http://education.uwmedicine.org/career-advising/applying-to-residency/soap)

[Schedule a meeting with Career Advising](#)

## Before SOAP Week

- Schedule a meeting with Career Advising to:
  - Talk through your SOAP plan if you are concerned about matching
  - Reflect on your career path; think through SOAP application strategies
- We will read through new drafts of Personal Statements and help you think through Letters of Recommendation strategy

## During SOAP Week

- Each student will talk with their career advisor for 1-1 advising on SOAP Monday
- We offer mock interviews Mon.-Wed. of SOAP Week. Strongly recommend all students participate
- We are here to help you navigate this process



You are not alone in this process

We are here to support you

# STUDENT AFFAIRS

---

Sarah Wood

Director of Student Affairs

Email: [sewood@uw.edu](mailto:sewood@uw.edu)

- I provide logistics support for the SOAP and match process
- I communicate with clerkships, mentors, deans, and advisors to excuse students from clerkships and coordinate SOAP support
- I send "What to do now" emails to unmatched applicants throughout SOAP week
- I plan the Seattle match ceremony

# SOAP & Match Week Schedule

[nrmp.org/residency-applicants/soap/](https://nrmp.org/residency-applicants/soap/)

- SOAP runs from Monday, March 13-Thursday, March 16. Match Day is Friday, March 17.
- All unmatched students are excused from clerkship responsibilities for the week to participate in SOAP.
  - Student Affairs will communicate with the clerkship director and administrator (who will then inform the site).
  - It is the prerogative of the clerkship director to determine if and when students will make up the missed clinical duties.
- Advisors will be available to support students throughout the week during business hours (8-4:30pm PT).
- Emails will be sent at regularly scheduled intervals throughout the week to walk you through the process.

# SOAP & Match Week Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7am PT:</b> Applicants notified of their match status; list of unfilled programs is available in NRMP R3 system	<b>5am PT:</b> Applications released to program	Interviews continue	<b>6-8am PT:</b> Offer round #1	<b>9am PT:</b> match results released online & at school ceremonies
<b>7:45am PT:</b> Conference call for unmatched applicants & advisors	Interviews begin and continue through the day		<b>9-11am PT:</b> Offer round #2	
<b>8am PT:</b> ERAS opens to applicants – no communication with programs is allowed	No one may contact a program on your behalf until the program contacts you		<b>12-2pm PT:</b> Offer round #3	
<b>All Day:</b> Consult with advisors; connect with mentors and counselors; conduct mock interviews			<b>3-5pm PT:</b> Offer round #4	
			<b>6pm PT:</b> SOAP ends; list of unfilled programs available	

# SOAP & Match Week Schedule

## Monday

**7am PT:** Applicants notified of their match status; list of unfilled programs is available in NRMP R3 system

**7:45am PT:** Conference call for unmatched applicants & advisors

**8am PT:** ERAS opens to applicants – no communication with programs is allowed

**All Day:** Consult with advisors; connect with mentors and counselors; conduct mock interviews

- Students are excused from clerkship responsibilities to check their match status.
- Match statuses will be available in the NRMP R3 system and via email.
  - *Congratulations! You have matched!*
  - *Congratulations! You have matched to a one year position.*
  - *Congratulations! You have matched to an advanced position but not a first year position.*
  - *We are sorry, you did not match to any position.*
- UWSOM hosts a conference call for unmatched applicants and advisors at 7:45am PT – all unmatched applicants should join this call
- ERAS opens at 8am PT, however unmatched applicants should wait to apply until later in the day and **only** after they have consulted with specialty & career advisors

# SOAP & Match Week Schedule

Tuesday	Wednesday
<b>5am PT:</b> Applications released to program	Interviews continue
Interviews begin and continue through the day  No one may contact a program on your behalf until the program contacts you	

- Applications are released to programs very early on Tuesday.
- Applicants should be prepared to interview via phone call or Zoom at any time on Tuesday and Wednesday.
- No one may contact the program on your behalf until the program initiates contact with you.
- No offers or commitments can be extended during this time.

# SOAP & Match Week Schedule

<b>Thursday</b>
<b>6-8am PT:</b> Offer round #1
<b>9-11am PT:</b> Offer round #2
<b>12-2pm PT:</b> Offer round #3
<b>3-5pm PT:</b> Offer round #4
<b>6pm PT:</b> SOAP ends; list of unfilled programs available

- Applicants do not submit rank lists during SOAP.
- Offers are extended via the NRMP R3 system. You will receive a notification once all offers have been extended.
- Applicants may receive more than one offer.
- You have until the end of the round to make a decision to accept the offer. All offers expire at the end of the round – they do not carry over into the next offer round.
- Once an offer is accepted, it is contractually binding.

# Application Logistics

[nrmp.org/residency-applicants/soap/](https://nrmp.org/residency-applicants/soap/)

---

- Applicants can apply to up to 45 programs during SOAP.
- If you applied to a program during the regular season and they have an opening in SOAP, you can reapply during SOAP.
- If you applied via ERAS earlier this year, there is no fee to apply to programs during SOAP.
- You can view the list of unfilled programs that you are eligible for in the NRMP R3 system under the “SOAP” tab.
  - Only unmatched applicants will be able to view this list.
  - You will see only those programs that you are eligible for (e.g. categorical, or prelim or advanced only)



# Unfilled Programs

Specialty	Unfilled Programs	Unfilled Positions
<a href="#">Anesthesiology - A</a>	8	18
<a href="#">Anesthesiology - C</a>	16	53
<a href="#">Anesthesiology - B</a>	5	6
<a href="#">Child Neurology - A</a>	2	2
<a href="#">Child Neurology - C</a>	0	0
<a href="#">Child Neurology - B</a>	9	9
<a href="#">Dermatology - A</a>	3	4
<a href="#">Family Medicine - C</a>	67	141
<a href="#">Internal Medicine - C</a>	35	128
<a href="#">Internal Medicine - P</a>	28	67

Specialty	Unfilled Programs	Unfilled Positions
<a href="#">Pathology-Anatomic and Clinical - C</a>	31	54
<a href="#">Pediatrics - C</a>	12	44
<a href="#">Pediatrics - M</a>	1	1
<a href="#">Pediatrics - P</a>	4	5
<a href="#">Pediatrics/Anesthesiology - C</a>	1	1
<a href="#">Pediatrics/Emergency Medicine - C</a>	1	1
<a href="#">Pediatrics/Medical Genetics - C</a>	1	1
<a href="#">Physical Medicine and Rehabilitation - C</a>	1	1
<a href="#">Plastic Surgery (Integrated) - C</a>	2	2
<a href="#">Psychiatry - C</a>	2	3

# Unfilled Programs



<b>California</b>	<b>Program Code</b>	<b>ACGME Code</b>	<b>Currently Unfilled</b>
UC San Diego Med Ctr-CA Emergency Med/Military Leslie Oyama	1049110C1	1100521080	1
<b>Michigan</b>	<b>Program Code</b>	<b>ACGME Code</b>	<b>Currently Unfilled</b>
Garden City Hospital-MI Emergency Medicine Hao Nguyen	2106110C0	1102500211	0

# Details to Pay Attention To When Reviewing Programs

---

Oregon Health & Science Univ  
Med-Prelim/Neurology  
Edward Kim

UC San Diego Med Ctr-CA  
Emergency Med/Military  
Leslie Oyama

LSUHSC-Shreveport-LA  
Family Med/N Caddo  
Luke Baudoin

Medical College of Georgia  
Int Med/Research Clinician  
Alyce Oliver

# FAMILY MEDICINE

Tomoko Sairenji, MD

Jeanne Cawse-Lucas, MD

FM Career Advisors

Emails: sairenji@uw.edu, cawse@uw.edu

[One-pager for SOAP prep](#)

Website for Resources:

[familymedicine.uw.edu/education/advising](http://familymedicine.uw.edu/education/advising)

[/apply](http://familymedicine.uw.edu/education/advising)

- **Make an appointment** with Drs. Sairenji/ Cawse-Lucas ASAP if SOAPing in FM by completing the [advising form](#) (fill out ALL areas)
- **What can you do now?**
  1. Think about why FM. This is the most important question. It will come up repeatedly in interviews and you should be able to answer it genuinely. Be prepared to commit to FM residency if you should match into it through SOAP.
  2. **Rewrite your PS** for FM (tips [here](#)). Have several people review it. We can too if it's sent by 3/6.
  3. Get 3 LORs that are specific to a FM application.

3/13 AM, email Drs. Sairenji & Cawse-Lucas ASAP in the morning and we will set up a time to meet.

# INTERNAL MEDICINE

Jenny Wright, MD

Director, Medicine Student  
Programs

Email: [sonic@uw.edu](mailto:sonic@uw.edu)

Information handout: [SOAP Info for IM  
MED.Combo and Prelim Medicine 2023.pdf](#)

We are here to help!

- What can you do now?
  - Reach out and let us know you intend to apply to IM if you do SOAP.
  - Send us your UW internal record.
  - Revise your personal statement to be IM-related.
  - Get at least one letter of recommendation from an IM physician & upload to ERAS.
- Tips for updating Personal Statement and LORs for this specialty
  - In last paragraph, include 1 – 2 sentences that describe your previous specialty and why you are now applying to IM.
  - Ruth can review your PS – send by 3/6/2023
- What do you do on March 13?
  - Contact us ASAP and we'll arrange a time to talk:
  - Ruth Sanchez – [ruths7@uw.edu](mailto:ruths7@uw.edu)
  - Jenny Wright, MD – [sonic@uw.edu](mailto:sonic@uw.edu)

# GENERAL SURGERY

Kristine Calhoun, MD and Roger  
Tatum, MD

Clerkship Director and Associate  
Clerkship Director/Counselors

Email(s): calhounk@uw.edu, rtatum@uw.edu

What to do now:

- If you originally applied to General Surgery:
  - Plan to use your current PS and letters
    - At most put in a statement of why you still intend to apply to Surgery
  - Start planning a response to this question:
    - "Why do you think you did not match"
- If you originally applied to another surgical field:
  - Reach out to Dr Calhoun NOW with requested info (Step scores including any Step fails, Surgery grade, all other required clerkship grades, CV)
  - Re-work your PS to reflect "why General Surgery"
  - Plan to use your same letters
- If you originally applied to a non-surgical field:
  - Reach out to Dr Calhoun NOW with requested info (Step scores including any Step fails, Surgery grade, other grades, CV)
  - Re-work your PS to reflect "why General Surgery" AND be prepared to explain your switch
  - Plus/minus on new Surgical letters (not as critical)
- On 3/13- email Drs Calhoun AND Tatum and we will reach out to set up a time to meet.

You have a large support team here at  
UWSOM

We are here for you!