Applying For Internal Medicine Residency . . .

in 10 Easy Steps

October 2017
Breathe

Everything will be alright.
DOM Application Advisors

- Discuss course scheduling
- Department of medicine letter meeting
- Advisor for program selection
- Advocacy calls
- Interview decisions
- Rank list
Identify a DOM Mentor

Email Ann Marie: AnnMarie.Hunt@uphs.upenn.edu
The 10 Steps

Step 1: Deciding to apply in Internal Medicine
Step 2: Taking the right courses
Step 3: Getting letters of recommendation
Step 4: Doing your CV/ERAS
Step 5: Writing your personal statement
Step 6: Selecting the programs
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Step 1: Deciding to Apply
Strategies for Decision Making

• Take additional electives
  – Sub-internship
  – Specialty electives
  – Outpatient electives

• Meet with career mentors
Types of IM Residencies

- Categorical
- Primary care
- Physician-scientist (fast tracking)
- Tracks
  - Global Health
  - Medical Education
  - Social Medicine
  - Quality and Safety
  - Leadership
- Preliminary
- Transitional
- Combined programs
  - Med-Peds
  - Med-Derm
  - Med-Genetics
  - Med-Psych
• Can I apply to both primary care and categorical programs?
  – **Yes. Programs will ask for preference after interview**

• Can I apply to both Med-Peds (Med-derm) and IM at same program?
  – **Yes**

• Can I apply in both Primary Care IM and FM?
  – **Ideally no. Try to decide.**
  – **Don’t apply to FM & IM at same institution**
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Required/Recommended Courses

**Required**
- IM Sub-internship
- At least 1 additional course within DOM

**Highly Recommended**
- Critical care (2-4 weeks MICU/VICU/CCU)
- Outpatient (2-4 weeks)
  - ME395
  - Specialty
- Medicine electives
- Radiology (4 weeks)
Timing of Courses

• Medicine electives as needed before sub-I
  – Discuss with clerkship director or career mentor about timing of sub-I relative to electives if you had any struggles in ME200

• Critical care rotation before September if HP in ME200

• ME395 before August if applying primary care

• Complete required courses by August
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Letters of Recommendation

• Dean’s Letter (MSPE)
• Department of Medicine Letter
• 2-3 additional letters
Who and When To Ask?

• Faculty on medicine sub-I, ICU, elective rotations
• Research letter: acceptable if > 3 months & significant
• Ask if faculty is comfortable writing letter
• Ask soon after rotation
  – faculty will remember you->more specific letter
• Send a thank you note after
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CV/ERAS

- Experience (work, volunteer, research)
  - College & medical school
- Publications: Check all citations
- Hobbies/interests
- Awards/accomplishments (not course honors)
- Don’t embellish
- Keep descriptions specific but brief

https://www.aamc.org/students/medstudents/eras/residency/375004/resources-info2015.html
# ERAS 2018 MyERAS Application Worksheet

This worksheet may be printed and used to begin completing your MyERAS application off-line. **All required fields are highlighted in red and marked with an asterisks.** Please note, that some of these fields are required only in certain circumstances.

## Personal Information

### Contact Information

<table>
<thead>
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<th>Field</th>
<th>Notes</th>
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<td>First Name*</td>
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<td>Preferred Phone*</td>
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<td>Email*</td>
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### Address

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<td>Current Mailing Address</td>
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<td>Address 1*</td>
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The 10 Steps

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**Step 5: Writing your personal statement**

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Personal Statement

- Should reflect something about you
  - Why you’re going into internal medicine
  - Career goals
  - Formative experiences (patients, research, service)
  - What makes you unique

- 1 page single space 10 point font

- Grammar, readability very important
  - Get others to read it

- Do not
  - Write anything you don’t want to discuss on an interview
  - Embellish or brag
  - Re-iterate your CV
  - Make it all about a patient
The Flavor of the Personal Statement

- Jo Mo
- Drs. Kogan and Hamilton
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How to Learn about Programs

- Review program websites
- Penn SOM grads
  - Email them
  - Meet them when you go for interviews
- ACP
  - [http://www.acponline.org/medical_students/residency/](http://www.acponline.org/medical_students/residency/)
- Doximity
- Advice about staying at Penn: Dr. Flesch
  - Judd.Flesch@uphs.upenn.edu
<table>
<thead>
<tr>
<th>Institution</th>
<th>Location</th>
<th>Program Size</th>
<th>Board Certified</th>
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<tbody>
<tr>
<td>McGaw Medical Center of Northwestern University</td>
<td>Chicago, IL</td>
<td>128</td>
<td>98%</td>
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<tr>
<td>University of Puerto Rico</td>
<td>San Juan, PR</td>
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<td>69%</td>
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<tr>
<td>VA Caribbean Healthcare System</td>
<td>San Juan, PR</td>
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<td>71%</td>
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<tr>
<td>Henry Ford Hospital/Wayne State University</td>
<td>Detroit, MI</td>
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<tr>
<td>Bridgeport Hospital/Yale University</td>
<td>Bridgeport, CT</td>
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<td>94%</td>
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<tr>
<td>University of Michigan Hospitals and Health Centers</td>
<td>Ann Arbor, MI</td>
<td>137</td>
<td>96%</td>
</tr>
</tbody>
</table>
Which Ones/How Many?

• 12-20 programs (variable)
  – # varies based on grades, credentials, Step 1, couples matching, type of program

• Consider
  – Special program attributes
  – Your interests
  – Geography/personal issues/friends and family
What do medicine programs look at?
– Clerkship grades (all)
– Grades in medicine rotations
– Step 1 score (> 230)
– Research
– Volunteer/Community service
• What do I do differently if I am couples matching?
  – Apply to more programs (at least 20)
  – Identify 4-5 cities where you and your partner each apply to multiple programs in that city.
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DOM Meeting June-Sept

• Goals
  – Residency program advising
  – Writing DOM letter

• Bring
  – Core clerkship grades (know)/DOM elective evals
  – USMLE Step 1 Score/ Step 2 (if taken)
  – CV/ERAS
  – Personal Statement
  – List of the programs you are considering
DOM Meeting

• Review and discuss
  – Clerkship grades/USMLE scores
  – CV/ERAS
  – Personal statement
  – Letter of recommendation writers
  – Program list (ensure 8-10 interviews)

• Generate DOM letter
  – Describes performance in DOM courses

• Email follow-up September to review final lists
Situations for Earlier Advising

• Pass/Fail in medicine course or another core clerkship
• Step 1 score < 235
  – Discuss need to take Step 2 early
• Other issues related to academic difficulties
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Interviews

• Offers: end September- early November
  – Initial invite, wait list, rejection, no response
• Can group interviews geographically
• Can decline interview (politely)
• Can cancel interviews (> 2 weeks lead time)
• Always be polite, respectful speaking to program administrators
• Contact DOM advisor if you do not have 8 interviews

October 20, 2018
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Interviewing

- Attend DOM Interviewing Workshop Sept 2018
  - Tips for successful interviews
  - Mock interviews with feedback
- Prepare for interviews
  - Practice answers to common questions
  - Learn about the program ahead of time
  - Warm up interviews early but don’t save best for last
- Learn about the program while there
  - Use “spidey senses”
Interviewing

• Be punctual
• Don’t text or use phone
• Dress appropriately
  – Suit and tie for men; suit for women (pants okay)
  – Comfortable shoes
  – Piercing etc
• Be yourself, be relaxed, be honest
• You are being watched the entire day!
• Thank you notes +/-
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Make Your Rank List

• Rank programs in the order you want to go them
• Second looks ONLY if you need more information
• DOM advisors available to discuss
Phone Calls

• Front end
  – One call to program you have not gotten an interview
  – We will discuss which program that should be

• Back-end call
<table>
<thead>
<tr>
<th>Activity</th>
<th>2018</th>
<th>2019</th>
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<tbody>
<tr>
<td></td>
<td>Jan-May</td>
<td>Jun-August</td>
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<tr>
<td>SubI/Electives/ICU</td>
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<tr>
<td>Request letters of recommendation</td>
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<tr>
<td>ERAS/Personal Statement/Identify programs</td>
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<td></td>
</tr>
<tr>
<td>Meet with DOM advisor (Kogan, Hamilton)</td>
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<tr>
<td>Finalize and submit ERAS Programs download</td>
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<tr>
<td>Programs download</td>
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<tr>
<td>Schedule/go on interviews</td>
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<td></td>
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<tr>
<td>Submit match list</td>
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</tbody>
</table>
Questions??