

# Final Junior Year Meeting

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April 2022

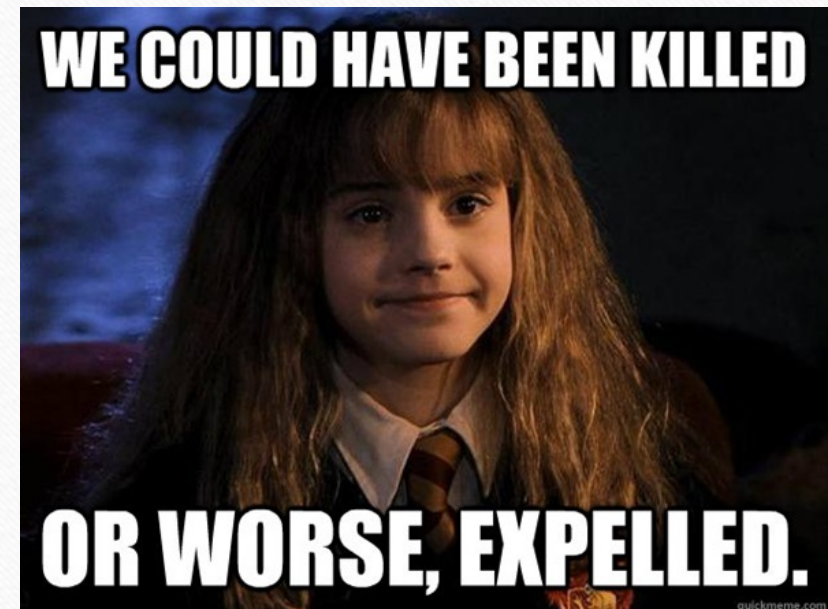




# What we will cover...

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1. Wellness Surveys
2. Financial planning for the senior year
3. Important Dates
4. Away Rotations- Jessica
5. Upsquad- Dean Williams
6. Residency Selection Process
7. Noteworthy Characteristics on MSPE





# Budget for your senior year

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- A sample residency \$\$
  - Travel – might need a little if you take 2<sup>nd</sup> visits
  - Once you get into residency in April-May - \$800
    - License \$250
    - Background check \$60
    - Tb test \$75
    - NRP \$275
    - Pals \$275
    - Sending step scores \$70
  - Moving Expenses- \$2000

# Important Dates

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June 8, 2022	ERAS season begins
Aug 1, 2022	Supplemental ERAS application opens
July 1 <sup>st</sup> (?)	SF Match (Ophthalmology) registration begins/Urology Match starts
June 6 <sup>th</sup>	Senior year begins - 34 is the magic number!
Sept 7	Submit ERAS application
Sept 25	MSPE (Deans letters) uploaded into ERAS
September 28	ERAS Residency programs start reviewing applications – get them in before this day! Register for NRMP this day also so you don't forget!!
November 30 <sup>th</sup> ?	NRMP Registration Deadline
December ?	Military Match results available
December ?	Urology match registration deadline



# Important Dates

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January 3, 2023	Classes resume after Winter Break
January, 2023	Urology and Ophthalmology Match results available
February 24, 2023	NRMP Rank Order List Deadline ( <u>Tentative</u> )
March 17, 2023	Match Day ( <u>Tentative</u> )
April 28, 2023	Last day of classes for seniors
May 19, 2023	Honors Convocation (where you get hooded)
May 20, 2023	Commencement (Where you get your degree)

# Away Rotations

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- Jessica Cannon, M4 coordinator



# Upsquad

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- Dean Sharanda Williams



# ERAS & NRMP

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- ERAS: Portal in which you will APPLY to residency programs
- NRMP: Place where you will enter your residency preferences and Rank order list



# September 27<sup>th</sup> ERAS Checklist

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- Your personal statement should be ready and updated
- Your CV should be finalized and updated
- Your application should be completed
- You should have given permission to NBME to release your USMLE scores to ALL residency programs you are applying to
- You must upload your PROFESSIONAL picture
- Your MSPE (deans letter) will be uploaded
- Your transcript will be uploaded by us
- Your faculty letter writers will upload your LORs by October 1st



# Complete ERAS applications (July-September)

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- Requesting your transcripts to be mailed to the programs in which you are interested, or scanned into ERAS, depending on the program
- Writing a personal statement
- **Releasing** your USMLE Step Scores to the programs to which you are applying
- Taking a professional picture for ERAS \*\*
- Asking faculty members and other to write you letters of recommendation.
- Completing your ERAS application to be submitted by **9/27**
- Writing and approving your MSPE Noteworthy Characteristics

# Residency Selection handbook

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- Breakdown of different Match Programs
- How to gather information on programs
- Preliminary vs Categorical vs Advanced
- A very important To- Do list



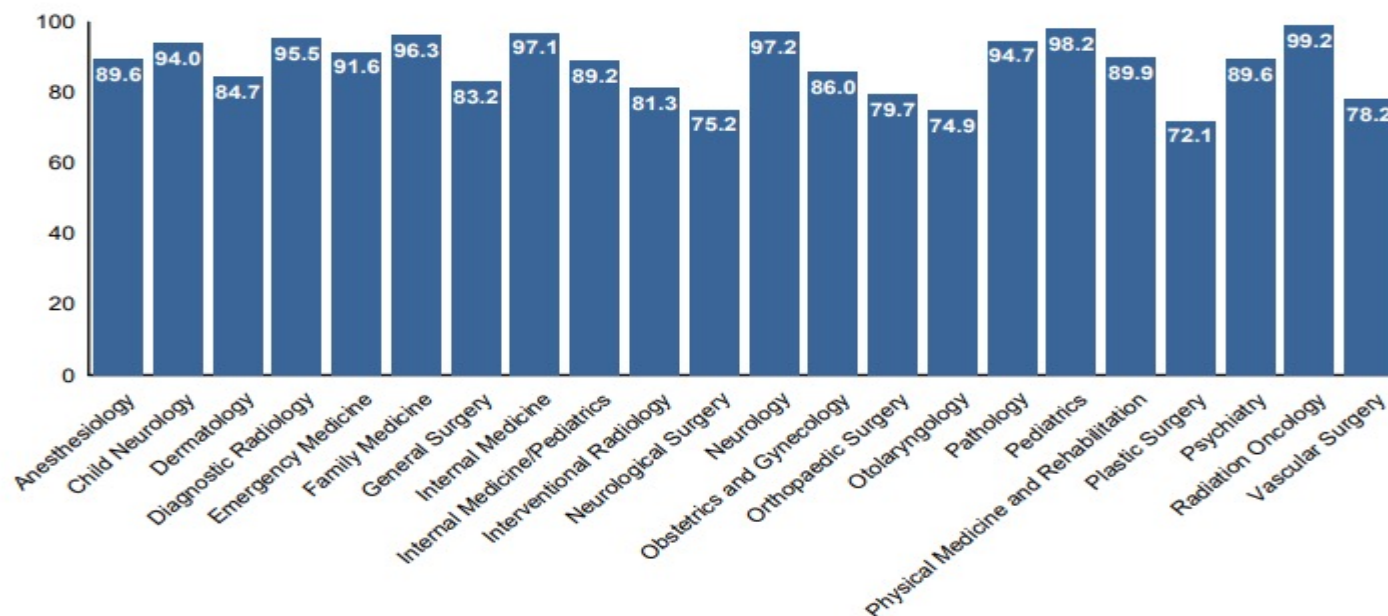




# Charting outcomes in the match 2021

**Chart  
3**

**Match Rates of U.S. MD Seniors**  
*Percent Matched by Preferred Specialty*



Source: NRMP Data Warehouse

Chart 3 shows the percentages of U.S. MD seniors who matched to their preferred specialty. Overall, 91.2 percent of U.S. MD seniors matched to their preferred specialty, ranging from a high of 99.2 percent (Radiation Oncology) to a low of 72.1 percent (Plastic Surgery).

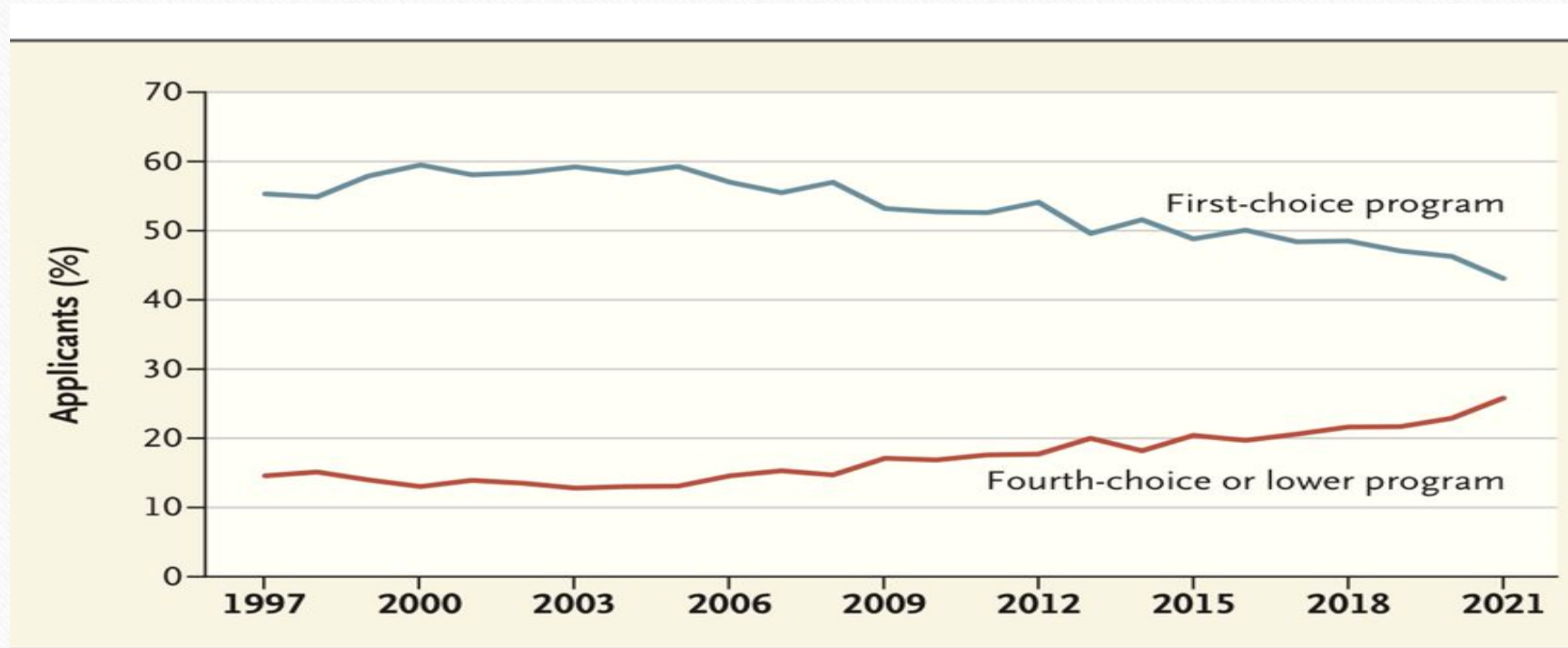


**Table  
2****Summary Statistics on U.S. MD Seniors  
All Specialties Combined**

Measure	Matched (n=16,058)	Not Matched (n=1,527)
1. Mean number of contiguous ranks	12.5	5.8
2. Mean number of distinct specialties ranked	1.2	1.5
3. Mean USMLE Step 1 score	234	226
4. Mean USMLE Step 2 CK score	247	238
5. Mean number of research experiences	3.5	3.8
6. Mean number of abstracts, presentations, and publications	6.9	6.8
7. Mean number of work experiences	3.5	3.5
8. Mean number of volunteer experiences	7.9	7.5
9. Percentage who are AOA members	16.7	7.8
10. Percentage who graduated from one of the 40 U.S. medical schools with the highest NIH funding	31.0	22.2
11. Percentage who have Ph.D. degree	3.7	3.1
12. Percentage who have another graduate degree	17.8	22.4

Sources. NRMP Data Warehouse; Top 40 U.S. medical schools with the highest NIH funding in measure 10 is from the NIH website (<http://report.nih.gov/award/index.cfm>).

Table 2 provides summary statistics for all specialties by Match outcome on the 12 measures presented in this report. Data on each of these measures are displayed graphically by preferred specialty on the following pages. Only U.S. MD seniors who gave consent to use their information in research are included in this table and the rest of the report.



**M.D. Applicants in the United States Who Matched to a First-Choice Program or to a Fourth-Choice Program or Lower.**

Shown are the percentages of active M.D. applicants in the United States in the National Resident Matching Program (NRMP) who matched to their first-choice program and the percentages of applicants who matched to a fourth-choice or lower program on their rank-order list from 1997 to 2021. Data are from the NRMP.<sup>1</sup>

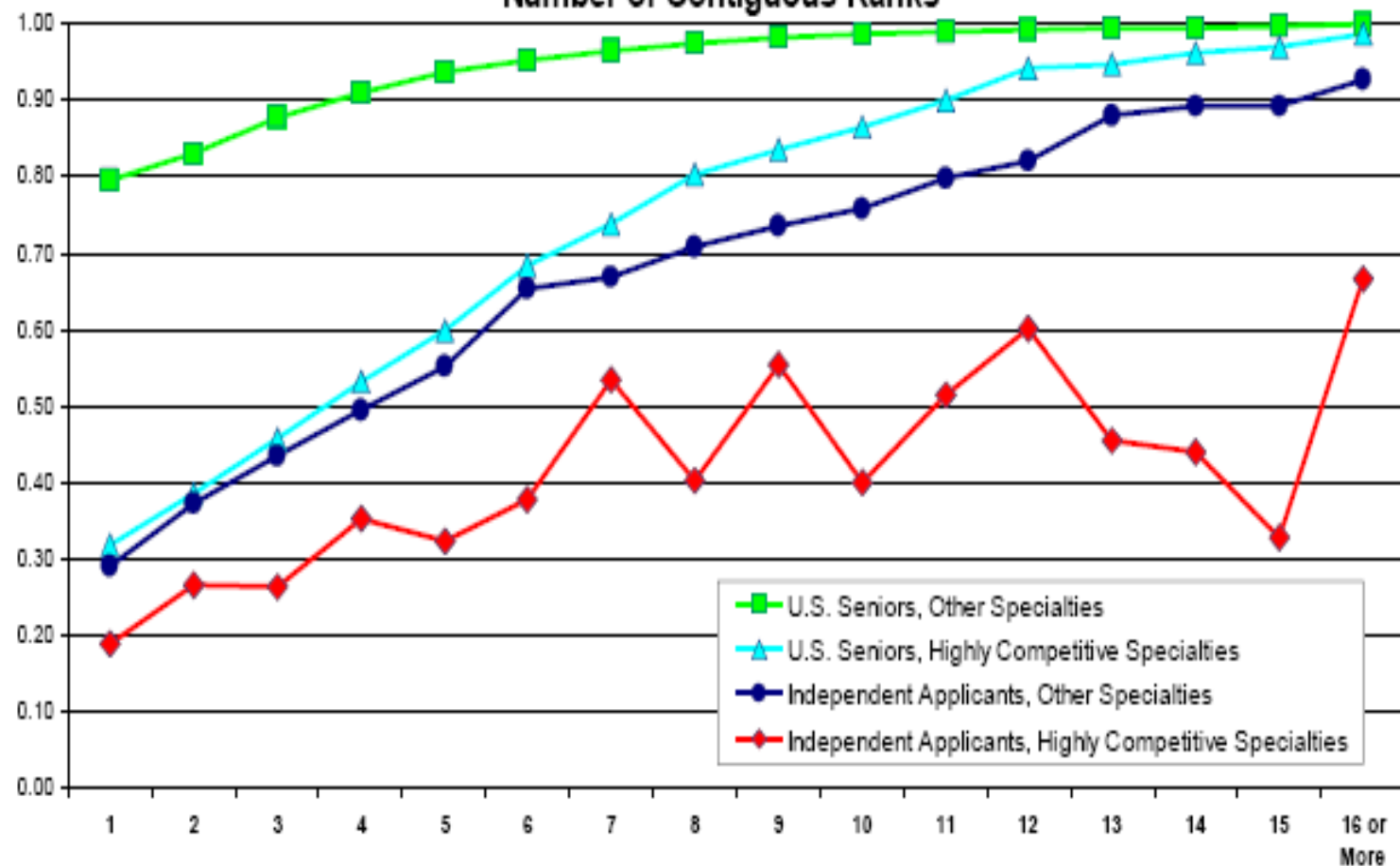


Applicant Strength	Residency Competitive?	# Schools Applied
Strong	More competitive	40+
Moderate	More competitive	60+
Moderate	Less competitive	30
Weak	Less competitive	40+

**Chart  
14**

## NUMBER OF CONTIGUOUS RANKS

Median Probability of Matching to Preferred Specialty by  
Number of Contiguous Ranks





# What about our UAMS students?

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- 157 Seniors participated in the NRMP
  - 81 students matched out-of-state
  - 76 matched in Arkansas
  - 76 matched in a primary care specialty (49%)
  - All got a position in SOAP except for one who got a prestigious research fellowship

# The Unmatched: 14 total

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- (100%) - NSY
- (50%) - Orthopedics
- (50%) – ENT
- (20%) – Gen Surg
- 1 – Derm
- 1 – Psychiatry
- 1 - Pediatrics



# Why did they fail to match?

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- 1 failed Step 2
- Step scores below the average score accepted by specialty or weren't in first quartile
- 4 students: “non-cognitive” issues may have contributed
  - Perceived as having apathy, not showing up
  - Perceived as having an “attitude”
- Common theme #1 - not enough interviews!

## Common Theme #2 : Advising

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- 7/15 were appropriately advised- (told they were high risk for not matching)
  - None had a back-up/parallel plan
- Little/no feedback at was given to 7 of the students about them not matching



# Take –Away

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- Stay in touch with your advisor- ask for feedback, because they may not be comfortable telling you
- We will send out weekly survey asking you about the # of interviews you have. If it's low, we will contact you and we will TALK.
- If it's Halloween and you don't have the # of interviews you need, then you need to contact me, Dr. Graham or Dean Williams
- If your career advisor is a residency PD, you might consider switching
- NSY, ENT, Derm applicants: You **NEED** a parallel plan
- If you're scores are lower than average of specialty you are applying, you likely need a parallel plan
- We are re-vamping our career advising program

# What is the MSPE?

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- MSPE = Deans Letter
- MSPE is NOT a recommendation letter from the school
- It is a “summary evaluation letter”
  - Third year narrative Comments
  - Your Grades and Class rank
  - Any professionalism issues \*\*



# What are the “Noteworthy Characteristics”?

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- Personal summary- highlighting your unique qualities
- Holistic
- Highlight your achievements
- Written by YOU

# Formatting?

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- Three bullet points- only 3
- Full sentences
- Written in **third person**



# AAMC Sample –Noteworthy Characteristics

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- During her second year, Ms. Lee served as the student coordinator for the Community Based Sanctuary Clinic and secured a \$500,000 grant from the United Way of Maine to equip a new seven room ophthalmology suite for the facility.
- Ms. Lee has a lot of resolve and focus. She passed her USMLE Step 1 examination two months after the death of her mother in a motor vehicle accident.
- Mr. Rey has spent many hours working at 12<sup>th</sup> Street Clinic, where he focused his efforts on improving the healthcare for homeless LGBT patients.

# MSPE- Deans letter

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- The Noteworthy Characteristics portion is written by YOU.
  - **This section will be limited to three bullets of no more than three sentences each.**
  - In addition, it provides you an opportunity to highlight what you believe are your most unique and important characteristics.
  - You should prepare your draft three bullet statements and meet with your Academic House advisor by **July 1<sup>st</sup>**.
  - Review this list with your AH advisor at this appointment. Once they “OK” it, you will email it to Jennifer Vanecko, who will upload it into O2. You must submit this to Jennifer by **July 15<sup>th</sup>**.



# MSPE Timeline

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- **JUNE 1- JULY 1:** Prepare your draft three bullet statements and meet with your Academic House advisor OR email them and get them to OK it.
- **July 15<sup>th</sup>-** Your House Advisor will send it to **Jennifer Vanecko**, who will upload it into O2.
- **July 15<sup>th</sup>- Sept 15<sup>th</sup>** – Lots of things happen- uploading, editing X 2, you get to review it, etc
- **Sept 25<sup>th</sup>-** The letters are uploaded into ERAS by Academic Affairs

# A few rules about interviewing in the senior year

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- We want you to have interviews!
- You may choose to take a second look at your top 3 programs
- However, you must notify your CD about the dates you will be gone ASAP
- You will be expected (depending on your CD) to make up most of the days you are absent
- The key is to be proactive and communicate!



# Upcoming Events...

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- **Residency Prep Program- monthly, all year long**
  - CV/Personal statement (June)
  - Interview Prep – the trail, the travel and the talk (July)
  - Mock Interviews (Aug- October) - MANDATORY
  - RIP (April 24-28) – MANDATORY
- Keep your email inbox available!

# Your New Residency Prep CDs!

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Dr. Clemmons: Year-long



Dr. Spond: RIP – last week

