



**Resiyay**  
Mock Interview

# Journey to USMLE and US Residency

Adding “yay” to residency application

Tabby Fayyaz, MD & Dedicated Advisers

# About Resiyay

Adding "yay" to residency application

## Our Mission and Vision

My name is Tabbassum (Tabby) Fayyaz. I completed my premed education in Dallas TX. I had to overcome an extended knowledge gap and adjust to the challenges of being an IMG as a transfer student. My story is one of obstacles and challenges just like most of us here. I know how difficult it is to a hardworking individual who is simply trying to move forward.



Resiyay was created in September 2022 to support US residency applicants through the 2023 Match Cycle. Since then, our team has grown and now includes 2100+ residency applicants and a Live Discord Community with channels designated to various aspects of this journey.

We are committed to providing valuable and free US Mock residency interviews and resources. We aim to provide a healthy environment that encourages discussion, support and advice through the US Residency process.

We are all here to learn from each other. The focus is to guide others where we once sought guidance and struggled to find it. I would love for everyone to use this platform and chat groups as support and to empower one another in this grueling and ultimately rewarding process. I'm grateful for the help I have received and look forward to connecting with more bright minds.

Updates – [Instagram](#)

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# Helpful Websites

## Free Courses

### [Coursera](#)

Introduction to Social Determinants of Health

Medical Terminology

Clinical Terminology for International and U.S. Students

### [Duolingo](#)

Learn a second language - Spanish

### [Grammarly](#)

Free grammar and spell check

## Time Management

[Notion](#) Organize with lists, templates, etc

### [Pomodoro Technique](#)



# Helpful Social Media

Resiyay

[Website](#)

[Instagram](#)

[Twitter](#)

Active Chat - [Discord](#)

[Inside The Match](#)

[The IMG Journey](#)



# United States Residency Application



# Professional Profile

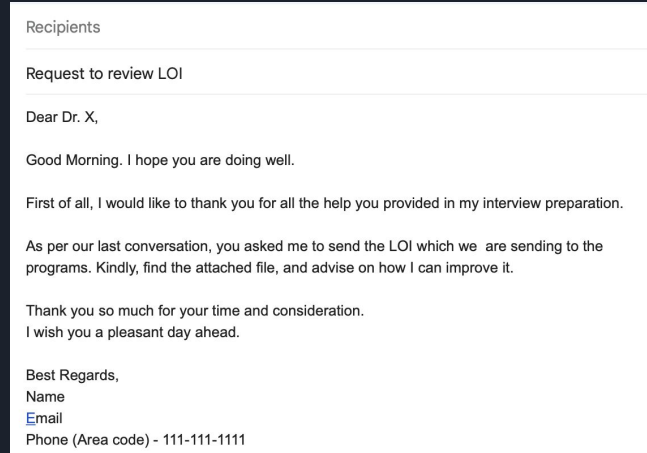
## Platforms

- [LinkedIn](#)
- [Google Scholar](#)
- [Linktree](#)
- Twitter

# Professionalism: Written

## Written interaction - Email

- Title Appropriately
- Begin with a greeting
  - “Dear Dr/Mr/Ms.”
- Remain concise and coherent
- Attach professional profile
- Close off with greeting
  - “Regards”
  - [More Options](#): EngVid



Hi Dr.Tabby  
Hope you're doing well  
I'm an IM residency applicant.  
It would be helpful if you add me to  
the WhatsApp group.

5:42 PM

Hi tabby, hwru, can u plz guide wt to  
prep fr virtual social meet..its my  
1st..as i just applied locally .. any  
help appreciated

4:25 PM

## Written interaction - Text

- Keep it to one text
- Use spaces if necessary

### Tip: Avoid informal Greetings

Informal: “Hey” “Hi” “Buddy”

Formal: “Dear Dr. XYZ” “Hello Dr. XYZ”





# Professionalism: Verbal Conversational English

## Verbal interaction

- Address each individual appropriately
- Allow the speaker to complete their thought
- Practice
  - [EngVid](#)
  - Podcasts: [NPR](#)
  - Movies
  - More information: [Preply](#)



# Scholarships

- Master's
  - Fulbright Scholarship <https://us.fulbrightonline.org>
- *More Scholarship opportunities coming soon*

# USMLE STEPS



# USMLE Journey - Where to Start and Cost

## Where to Start

- NBME: Step 1 and 2
  - [Register](#) for free account
  - Official account for USMLE information
- FSMB: Step 3
  - [Official](#) account for USMLE Step 3
- Support Groups
  - Resiyay Residency Live [WhatsApp chat](#)
  - [F-1 Doctors](#): peer-to-peer mentorship platform for international applicants to US health professional schools (M.D, D.O., Dental school) as well as US residency programs
  - [APPNA YPC Group](#): Connect with mentors for advice, rotations information
- Time management “listed in Helpful links”
- Study Groups

## Cost 2022

- Step 1
  - UW - \$439 (6 months)
  - First Aid Step 1 CK
  - Exam - \$985 + location cost/eligibility changes/rescheduling
  - NBME practice exams - \$60
- Step 2
  - UW - \$439 (6 months)
  - First Aid Step 2 CK
  - Exam - \$985 + location cost/eligibility changes/rescheduling
  - NBME CMS forms \$20 (with explanation)
  - NBME practice exams \$60
- Step 3
  - UW - \$449 (6 months)
  - Exam - \$915 +location cost/ eligibility changes/rescheduling

Total: \$4400



# USMLE Step 1

## General Advice

- Best Time to Take:
  - Register before preparation
  - Plan to take prior to graduation
- Commit to limited resources and increase reviews *Avoid resource hoarding*
- Annotate in First Aid Step 1

## Registration information

- NBME: [Overall information](#)
- NBME: [Registration](#)

## Free Resources

- Free 120
  - Objectives and [Free 120 Pdf](#)
  - Free 120 Explanation: [Ben White](#)
- Podcasts
  - Divine Intervention Podcasts
    - [Podcasts & Transcript](#)
- Biostats: [Randy Neil](#), [Step-Prep Curriculum](#)
- Spaced Repetition: Anki

## Paid Resources

- First Aid Step 1
- UWorld
- Pathoma
- Sketchy Micro
- Boards and Beyond
- NBME Assessments

# USMLE Step 2 CK

## General Advice

- Best Time to Take:
  - Register before preparation
  - Plan to take prior to graduation or during internship (housejob) year
- Commit to limited resources and increase reviews *Avoid resource hoarding*
- Annotate in [Notes](#)\*
- Different highlight colors

## Registration information

- NBME: [Overall information](#)
- NBME: [Registration](#)

## Free Resources

- Sample [Study Plan](#)
- Objectives and [Free 120 pdf](#)
- [Step-prep](#)
  - Free 120 explanations
  - CMS form explanations
  - CCSSA form explanations (Step 2 CK assessments)
- NBME vocab/RF/Screening/Vaccinations [sheet](#)
- Podcasts
  - Divine Intervention Podcasts
    - [Podcasts & Transcript](#)
- Biostats: [Randy Neil](#), [Step-Prep Curriculum](#)
- Ethics: Amboss articles, FA Step 1 Pages
- Spaced Repetition: Anki

## Paid Resources

- UWorld
- Amboss\* (Ethics, more information on [articles](#))
- Pathoma
- Sketchy Micro
- NBME Assessments (CMS forms, CCSSA forms)

# USMLE Step 3

## Registration Information:

ECFMG Certification

[FSMB](#)

## Free Resources

- CCS Cases
  - Start from 6 ccs case samples on FSMB website
  - NBME [CCS Cases](#)
- [Free 137](#)
  - Free Explanation: [Ben White](#)
- [Equations](#)
- [Orders](#)
- NBME vocab/RF/Screening/Vaccinations [sheet](#)
- Podcasts
  - Divine Intervention Podcasts: [Podcasts](#) & [Transcript](#)
- Biostats/Drug ads: [Randy Neil](#), [Step-Prep Curriculum](#)
- Spaced Repetition: Anki

## Paid Resources

- UWorld
- Amboss Ethics [articles](#)
- Amboss Biostats
- Mksap

# RESEARCH





# Research

## Start Early

## During School

- Actively seek research opportunities during school
- Engage faculty/attending in case reports

## Post Graduation

- Research Assistant position (in USA)
  - Email PDs
  - Use LinkedIn to connect
  - Common Institutions: Mayo Clinic, Harvard, Cleveland Clinic

## Research Opportunities [Resource List](#)

## CV Template (Attach CV as PDF)

[https://docs.google.com/document/d/1cWJMgPnJDkKnA14EvEZnRmwZr0q1FIXT/edit?usp=share link&ouid=113878248496118924619&rtpof=true&sd=true](https://docs.google.com/document/d/1cWJMgPnJDkKnA14EvEZnRmwZr0q1FIXT/edit?usp=share_link&ouid=113878248496118924619&rtpof=true&sd=true)



# Research Advice - 3 Methods of Approaching Research Faculty

Advice from Dr. Rao, Dr. Nadeem and Dr. Sahajpal

[https://docs.google.com/document/d/10HV-91IlkeqOrTEPW3DI\\_6YaZ3zs9mBPo\\_tNsO5uyC4/edit?usp=sharing](https://docs.google.com/document/d/10HV-91IlkeqOrTEPW3DI_6YaZ3zs9mBPo_tNsO5uyC4/edit?usp=sharing)

1. Through contacts
  - a. Request your seniors to recommend you to the people with whom they worked.
2. Personalized emails
  - a. All the major universities like Harvard, Hopkins, Baylor, Mayo, UPMC, MD Anderson have specific website domains dedicated to research, and you can easily find research faculty directories by simply googling the institute's name with the term 'Directory'.
  - b. Personalized emails are most effective after the contacts but it takes a lot of time.
3. Write a generic email with your intro and research interests and send it to all the research faculty of the major universities.
  - a. You can cover more people through this but it is less effective as faculty members get a lot of emails and they might ignore the generic email.



# Research: Canadian Applicants

1. Start early give yourself time because finding a research position takes time especially if you require sponsorship.
2. I emailed and applied to about like 100-150 positions through LinkedIn and personalized emails
  - a. Heard back from a few places in the US
3. Many Canadians don't know this but they don't need J1 sponsorship for research.
  - a. All you need is the employment letter and the border gives you a TN visa which is significantly easier for employers
4. Paid positions LinkedIn or even Twitter
5. Unpaid - personalized emails



# Research: Thorough Explanation

## **Paid positions**

1. Specialty directed search in LinkedIn, ZipRecruiter, Glassdoor or a simple google search
2. You might find some posted on social media like Twitter, Instagram or speciality specific sites
  - a. Follow your speciality specific programs. Useful handles: @IMGstories, @MedTwitter
3. If you are interested in a specific program, then you can search for research positions titled "Researcher I/II" based on the amount of research experience you have.
  - a. You will find it under careers in the program websites or at times, in LinkedIn.
4. While applying, you will need your CV, cover letter and transcripts/board scores.
  - a. There may be other specific individual requirements.



# Research

## Unpaid positions

1. You can email individual programs. I would start by writing to the research director/APD/PD
2. Email is always preferred over a phone call
3. Email: You would want to include a brief introduction about yourself, your interests in the field, your eventual goal of joining a residency program and the sub-specialties that you are interested to do research in. Attach your CV.
4. Be prepared for an interview if they consider you
5. You may be able to request for some pay after a few months of research and showcasing yourself, weighing risks and assessing body language. Be prepared for a "no" as an answer.
6. Call friends or contacts if you did not have luck with the other options



# Research: Useful Advice

1. Start looking for positions well in advance
2. Don't hesitate to ask your job responsibilities, pay and any specific questions you have, well in advance
3. Always be on time, be cordial with faculty and admin and dress professionally
4. Be ready to accept and complete small tasks to help anyone doing research. For eg, collecting small samples and conducting surveys etc. for research! Small gestures to help go a long way in building relationships and credibility
5. Be vocal about your understanding about your research topic and the tasks that you have done earlier. But state clearly that you are eager to learn. Honesty is greatly honored.
6. Once you are well settled, you can request if you can shadow in the clinics or observe procedures
7. Work permit would be necessary. If not you could try for J 1 exchange visa/J1 research scholar
8. Lastly, a research year is like an extended interview. So, be your best and most genuine self, always do your homework and stay curious. Good luck!

# Research Fellowship

1 year commitment

Use Cover letter

Speciality specific

More information coming

# US CLINICAL ROTATIONS





# Types of USCE

## United States Clinical Experience

Potential Requirements: Step 1

Types of USCE:

1. Elective (Any clinical rotations completed in the US)
2. Sub-internships (Sub-I)
3. Telerotation

Experiences not considered USCE:

1. Observerships/Shadowing \*Observership *may* allow applicants to gain hands on experience
2. Volunteer Experiences
3. Research Experiences
4. Experiences in similar medical environments (outside of US)



# US Clinical Experiences - Sources

- Electives in US during Medical School
- AMA  
<https://www.ama-assn.org/education/international-medical-education/observership-program-listings-international-medical>
- Non-VSLO rotations – Virtual Rotations  
<https://docs.google.com/spreadsheets/d/114aKFT7IC5JabZN0r1xCmcS3BsqCfa04kBA24wml0nk/edit#gid=0>
- Few Paid Possibilities USCE:  
<https://docs.google.com/spreadsheets/d/1NI9Uy-w6gLeONkI0-lfleY5GMr2tguGru9JP1mLZ8uY/edit?usp=sharing>
- Posts on social media platforms
  - [The IMG Journey](#)
  - [F-1 Doctors](#)
  - [APPNA YPC Group](#)
- Email PDs

Crucial for US Residency application, focus on obtaining experience in speciality of interest



# USCE Advice

From a dedicated applicant

Tweets for electives (all links shared)

<https://twitter.com/rahulrangan98/status/1578722126177062912?t=Q-bjBjUzlibFLRER-cQpJQ&s=19>

Tips: For observerships, email faculty members and graduate medical education (gme) coordinators. Ask them politely if they have spots and let them know the desired dates. Nice and supportive people will always respond.

Email template (personalize!!)

<https://www.instagram.com/p/CTaSkLDhwDz/?igshid=MDJmNzVkMjY=>

CV Template (Attach CV as PDF)

[https://docs.google.com/document/d/1cWJmGpNJDkKnA14EvEZnRmwZr0q1FIXT/edit?usp=share link&oid=113878248496118924619&rtpof=true&sd=true](https://docs.google.com/document/d/1cWJmGpNJDkKnA14EvEZnRmwZr0q1FIXT/edit?usp=share_link&oid=113878248496118924619&rtpof=true&sd=true)

# USCE Living Expenses

Information collected from Resiyay Residency Whatsapp Groups

For IMGs that visited US for USCE, how much did you pay for accommodations per month (living, food, commute)



For IMGs that visited US for USCE, how much did you pay for accommodations per month (living, food, commute)



Those who spent >\$1500, spent most after living on:



Those who spent >\$1500, spent most after living on:





# US Clinical Experiences - Patient Presentation

## SOAP Note Format

### [Detailed information](#)

#### SOAP NOTES

*S: Describe your impressions of the client in the subjective section. Include your impressions about the client's/patient's level of awareness, motivation, mood, willingness to participate. You may also list here anything the patient and/or family may say to you during a session.*

*O: Write measurable information in the objective section. Your data goes here. Include any test scores, percentages for any goals/objectives worked on, and any quantitative information.*

*A: Describe your analysis of the session in the assessment section. This is the interpretation section. Insurance companies like it when you compare the client's performance across sessions.*

*P: Outline the course of treatment in the plan section. Any changes to objectives, activities, reinforcement schedules should be included.*

# Subjective

## For pain

1. OPD (onset progress duration)
2. LIQRAAA (location intensity quality, radiation, aggravating, alleviating, associated symptoms)

## For vomiting/diarrhea

1. Vomiting, Diarrhea, Bleeding stools- OPD, number of times, blood tinged, associated with pain.

## For Histories

1. PAMHUGSFOSS
  - a. Past history
  - b. Allergies (to food and drugs, seasonal)
  - c. Medications (Rx, OTC, supplements)
  - d. Hospitalization/trauma
  - e. Genitourinary
  - f. Sleep
  - g. Family history
  - h. Occupation and obstetrics history
    - i. **OBGYN HISTORY FOR ALL WOMEN <60yo!**
      1. Last menstrual period, menarche age, history of papps smear, number of pads on a heavy bleeding day
  - i. Social history- alcohol recreational drugs tobacco
    - i. Do you use tobacco
    - ii. Do you consume alcohol
    - iii. Do you use **recreational (not illicit)** drugs
  - j. Sexual history
    - i. If currently sexually active
    - ii. Number of partners in last year
    - iii. Gender of partners
    - iv. Protection used by either member
    - v. STI testing and if (+) STI history
    - vi. Note: Transitional statement (I will be asking some personal questions, this information is confidential) plus reassurance before social/sexual history (do not just jump into social and sexual history),

Summarize findings before physical examination

Ask if patient wants to add anything you may have missed  
This covers errors or questions that a student might have forgotten and it shows care and compassion

Patient notes order

HPI: History of Present Illness *OPD*  
ROS: Review of Symptoms *LIQRAA*  
Histories: *PAMHUGSFOSS*



# Objective: Physical Exam

## Physical exam

1. Wash hands before physical
2. Always palpate from non-tender side first
3. Express apology if causing pain
4. Touch feet for pulses/tests at the end (do not blindly make a patient note of pedal pulses or radial pulse without touching!!)
5. Try to give impression/counsel/labs after physical exam without using a notepad
6. Preferably sit next to the patient at 45 degrees on their right side.

## For all cases:

1. HEENT- pallor icterus cyanosis clubbing lymphadenopathy and pulses.

## After HPI and Physical Exam

1. Counsel (Diet, Sexual activity, Alcohol, Tobacco and Recreational drugs)

# UNITED STATES MyERAS RESIDENCY APPLICATION PROCESS



# Residency Application Timeline

## ERAS<sup>®</sup> 2024 Residency Timeline for International Medical Graduates (IMG)

Review a timeline for applying for residency positions as an International Medical Graduate (IMG) using the ERAS<sup>®</sup> platform for the 2024 application season.

Date	Activity
May 31, 2023	ERAS 2023 season ends at 5 p.m. ET.
June 7, 2023	ERAS 2024 season begins at 9 a.m. ET.
June 28, 2023	ECFMG will release tokens to IMG residency applicants.
Sept. 6, 2023	Residency applicants may begin submitting MyERAS <sup>®</sup> applications to programs at 9 a.m. ET.
Sept. 27, 2023	Residency programs may begin reviewing MyERAS applications in the PDWS at 9 a.m. ET.
May 31, 2024	ERAS 2024 season ends at 5 p.m. ET.

### October-January Interview Season

Interview Preparation  
~Use Standardized questions  
~Proper virtual or in-person IV attire  
Letters of interest for interview  
Thank you letters post-interview  
Second look if encouraged

### January

NRMP Registration deadline

### February

Rank Order List

Rank Order list opens early-February  
Deadline for Rank order early-March

### March

MATCH and SOAP

1st week: Finalize NRMP Rank Order list  
2nd week: Match Week and SOAP  
2nd week Friday: Match Day

### March-June

Preparation for Training

Wrap up

# The Who's of Residency Application

## ECFMG

**Verify**  
Medical Education

**Register**  
Step 1  
Step 2 CK  
Pathways  
OET

**Receive**  
ECFMG Certification

## AAMC

**Register**  
MyERAS Applications

**Prepare**  
3-4 LORs/MSPE  
CV & Experiences  
USMLE Transcript  
Personal Statement  
Professional Picture  
**Certificate:** Graduation, ECFMG  
Programs List

## NRMP

**Register**  
Rank Order List  
SOAP

**Receive**  
Match Results



# ECFMG

ECFMG: Educational Commission for Foreign Medical Graduates

- Used for: Step 1 and 2 registration for Foreign Medical Graduates and ECFMG Certification

Steps: Apply for ECFMG/USMLE ID number

- Make Account
- Complete ECFMG Certification application
- Complete and notarize the Certification of Identification Form 186
- Apply for Steps
- Verify your medical school status either online or on paper with the Certification Statement Form 183
- Submit
- Wait for Scheduling Permit
  - Schedule through Prometric (instructions available on permit)

Fees information



# AAMC-ERAS NRMP

AAMC: Association of American Medical Colleges

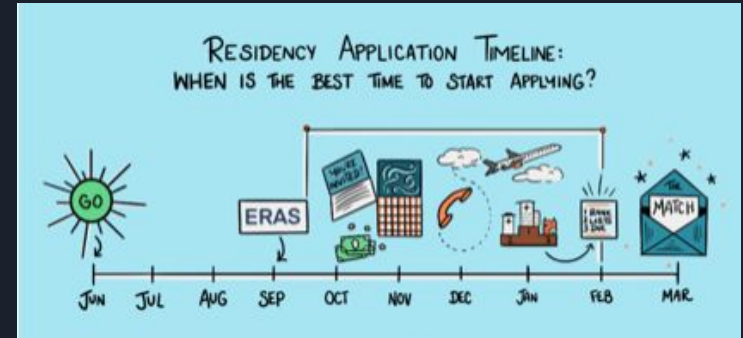
- AAMC Tools and Worksheets for [Applicants](#)
- Application [Worksheet](#)
- Residency User [Guide](#)
- [Checklist](#)
- [MyERAS](#)

NRMP: National Resident Matching Program

- [Registration](#) for TheMatch
- Participate in [Rank Order List](#)

# Email Communication

- Consider allocating a **unique email address** to all residency-related correspondence
  - MyERAS
  - NRMP
  - Residency Programs
  
- Residency Related Communication
  - Interview notification
  - Letter of Interest
  - Post-Interview Communication
  - Letter of Intent





# Tips for Application

- Be Polite and Professional!!
  - Learn how to send professional emails and messages
  - [Tips here](#)
- Be Proactive
  - Save all documents in the same template:
    - Last Name (space) First Name Initial\_Document Title (Space) Month/Year
    - Ex: Fayyaz T \_ BLS 2022
  - Create a Timeline
    - Calendar, App, Etc and monitor important dates
- New Email for All Residency Application related steps
- Reach out to interested programs in June/July
  - Rotation (Sub-I, Observership, Volunteer) requests
  - Application questions



# MyERAS Application

# Residency Application Cost

## Necessary documentation

USMLE Transcript - Step 1 & 2 CK\*

Graduation certificate

ECFMG certificate\*

MSPE: Medical student performance evaluation

LOR

Personal Statement

Documents and ERAS Application

Professional Picture

OET

## Cost 2022 (\$)

Transcript \$80

ECFMG Certificate \$160\*

PS - Editing \$60-\$160

ERAS Application\* \$4K-10K

Picture \$100

OET \$450

ERAS Fees [Calculator](#)

Total: \$5K-11K

ERAS® application fees are based on the number of programs applied to per specialty. MyERAS® automatically calculates your fees and you can pay online using Visa, MasterCard, American Express, or Discover.

Programs Per Specialty	Application Fees
Up to 10	\$99
11 - 20	\$19 each
21 - 30	\$23 each
31 or more	\$26 each



# Match 2024 New Changes

Current MyERAS Application	MyERAS Application for the 2024 Cycle
Undefined number of experiences.	Up to 10 experiences.
Not available.	Enables applicants to self-select their top three most meaningful experiences (of up to 10 experiences).
Collected <i>limited</i> descriptive information about each experience entry (e.g., position, organization, timeframe, location).	Collects <i>more</i> descriptive information about each experience entry (e.g., position, organization, timeframe, location) as well as frequency of participation options (e.g., one time, daily, weekly, monthly, quarterly, annually).
Not available.	Allows applicants to better define the experience type (e.g. volunteer, work, professional organization, hobby). This helps programs to easily identify and review specific experiences that align with their mission(s).
Not available.	Offers additional multiple-entry questions to capture mission-focused characteristics of each experience entry—focus area, key characteristic, and setting (e.g., rural, suburban, urban). This helps programs complete holistic review.
Undefined Experiences Description field.	Includes short descriptions focused on critical information for programs—roles, responsibilities, and context for all experiences entries.

Compare changes to collection of geographic information:

Current MyERAS Application	MyERAS Application 2024 Changes
Hometown captured in a free text, non-standardized format.	Uses standardized fields to collect all location information across the application (country, state, city, postal code, and setting) including hometown and addresses for experiences and education.
Not available.	Provides applicants the option to share their geographic preferences with programs. The new questions will capture applicants' preferences for different regions of the U.S. and their setting preferences.



# Resources for understanding MyERAS application

Official MyERAS guides including checklist:

<https://students-residents.aamc.org/eras-tools-and-worksheets-residency-applicants/eras-tools-and-worksheets-residency-applicants>


Sample MyERAS Application pdf: <https://students-residents.aamc.org/media/9711/download>

\*Screenshots of this shared throughout the current presentation

A detailed timeline and important links here: <https://resiyay.org/application-timeline-1>

Thorough explanation of the sections:

<https://www.insidethematch.com/match-tips/tips-for-the-eras-work-and-volunteer-experiences-sections>



# Curriculum Vitae



# CV: MyERAS vs Personal

## MyERAS CV

Use: MyERAS Residency Application

Template: Formatted by ERAS once information is entered through the necessary fields

- Prepare prior to application for easier transfer to ERAS format
  - Experience Name, Dates, Primary Role
  - Explanation of Duties/Responsibilities/Skills
- Note start dates, end dates, primary role/tasks
- Highlight Skills and Use Numbers

## Personal CV

Use: USCE, Research, Mentorship requests, etc

Template: [AAMC CV Template](#)

Tips: [Official AAMC Tips](#)

- Attempt to keep typed CV to 1-2 pages
- All black and white

# Experiences

Up to 10 Experiences allowed

Work

Volunteer

Professional Organization

Hobby

\*Research work (published, presentations, non-peer reviewed are in a separate section of the application)

## 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

Organization\*

Experience Type\*

Position Title\*

I am currently working in this role

Start Date\*

End Date\*

Country\*

State/Province\*

City\*

Postal Code\*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles and Responsibilities:

750-character limit

### Entry 2

Organization\*

Experience Type\*

Position Title\*

I am currently working in this role

Start Date\*

End Date\*

Country\*

State/Province\*

City\*

Postal Code\*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles and Responsibilities:

750-character limit

#### Guidance for 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.



# Meaningful Experience

## 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

2 of 3 Meaningful Experience

Description:

300-character limit

3 of 3 Meaningful Experience

Description:

300-character limit



# Impactful Experience

## Impactful Experiences

Program directors are interested in learning more about other impactful experiences applicants may have encountered or overcome on their journey to residency. This section is designed to give applicants the opportunity to provide additional information about their background or life experiences that is not captured elsewhere in the application (e.g., information written in this section should not be the same as what is included in the personal statement).

Please describe any challenges or hardships that influenced your journey to residency. This could include experiences related to family background, financial background, community setting, educational experiences, and/or general life experiences.

Please consider whether this section applies to you. Programs do not expect all applicants to complete this section. This section is intended for applicants who have overcome major challenges or obstacles. Some applicants may not have experiences that are relevant to this section. Other applicants may not feel comfortable sharing personal information in their application.

The following examples can help you decide whether you should respond to the section and what kinds of experiences are appropriate to share on the MyERAS application. Please keep in mind that this is not a fully inclusive list:

- Family background (e.g., first generation to graduate college).
- Financial background (e.g., low-income family, worked to support family growing up, work-study program to pay for college).
- Community setting (e.g., food scarcity, poverty or crime rate, lack of access to medical care).
- Educational experiences (e.g., limited educational opportunities, limited access to advisors or mentors).
- Other general life circumstances (e.g., loss of a family member, serving as a caregiver while working or in school).

750-character limit

# Tips: Adding All Cores as 1 experience

01/2021 - 02/2022

**Average Hours/Week: 40**

Core Clinical rotations , Chicago, IL, United States of America

Third year medical student,

All Mandatory Core rotations were completed with NBME shelf exam and OSCE

All rotations involved direct patient care:

- Obtained history, performed physical exam, formulated differential diagnosis and treatment plan and presented to healthcare team
- Participated/observed in procedures appropriate for each rotation
- Each rotation included weekly submission of electronic patient encounter logs, procedure logs, SOAP notes and 2 case reports

-12 weeks Internal Medicine: S & K Medical Center and AdventHealth GlenOaks (Dr. Muhammad Shahzad MD), Chicago, IL

-12 weeks General Surgery: Community First Medical Center (Dr. Fadi Habib MD), Chicago, IL

-6 weeks Pediatrics: St. Anthony Hospital (Dr. Mohammad Chaudhary MD), Chicago, IL

-6 weeks Obstetrics and gynecology: Amita Health Resurrection (Dr. Zbigniew Aniol MD), Chicago, IL

-6 weeks Family Medicine: Access Madison Family Health Center (Dr. Nadira Alikhan), Chicago, IL

-6 weeks Psychiatry: Lincolnwood Medical Center (Dr. Syed Rahim), Chicago, IL





# Documents

# Documents

[AAMC Guidelines](#)

USMLE Transcript - Step 1 & 2 CK\*

Graduation certificate

ECFMG certificate\*

MSPE: Medical student performance evaluation

LORs

Personal Statement

ERAS Application

Professional Picture

## MyERAS Application

- Complete your MyERAS application.

Note: You are not required to complete the MyERAS application in one sitting and are advised to take your time working on each section.

- Certify and submit your MyERAS application.

Note: Your application must be certified and submitted in order to apply to programs. **Once you have submitted your MyERAS application, you will not be able to make any changes or updates** other than to the information in the Personal Information section. There are no exceptions.

## Uploading and Assigning Documents

Upload	Assign	Document
<input type="checkbox"/>	<input type="checkbox"/>	Personal Statement(s)
<input type="checkbox"/>	<input type="checkbox"/>	Letters of Recommendation (LoRs) Note: An LoR cannot be assigned to programs until the LoR author uploads it to the Letter of Recommendation Portal (LoRP).
<input type="checkbox"/>		Medical Student Performance Evaluation (MSPE or "Dean's Letter")
<input type="checkbox"/>		Medical School Transcript
<input type="checkbox"/>		ECFMG Status Report (IMGs only)
<input type="checkbox"/>	<input type="checkbox"/>	Photograph
<input type="checkbox"/>	<input type="checkbox"/>	Send your USMLE and/or COMLEX-USA Transcripts Note: Instead of uploading your transcript, you must authorize the release of your transcript before you can assign it to programs.

## Applying to Programs

- Search for programs and add them to your Saved Programs.
- Before you submit your application materials, contact *all* programs that you have an interest in to ensure that they are participating in ERAS.
- Apply to programs.

# Participating Residency Specialities 2023

[More Information](#)

## ACGME Residency - September Cycle

53 specialties, 2 new for ERAS 2023

<a href="#">Aerospace Medicine</a> <b>New Specialty!</b>	<a href="#">Occupational and Environmental Medicine</a> <b>New Specialty!</b>
<a href="#">Anesthesiology</a> <b>Specialty Information Available!</b>	<a href="#">Orthopaedic Surgery</a> <b>Specialty Information Available!</b>
<a href="#">Child Neurology</a>	<a href="#">Osteopathic Neuromusculoskeletal Medicine</a>
<a href="#">Dermatology</a> <b>Specialty Information Available!</b>	<a href="#">Otolaryngology - Head and Neck Surgery</a> <b>Specialty Information Available!</b>
<a href="#">Diagnostic Radiology/Nuclear Medicine</a>	<a href="#">Pathology-Anatomic and Clinical</a>
<a href="#">Emergency Medicine</a> <b>Specialty Information Available!</b>	<a href="#">Pediatrics</a> <b>Specialty Information Available!</b>
<a href="#">Emergency Medicine/Anesthesiology</a>	<a href="#">Pediatrics/Anesthesiology</a>
<a href="#">Emergency Medicine/Family Medicine</a>	<a href="#">Pediatrics/Dermatology</a>
<a href="#">Family Medicine</a> <b>Specialty Information Available!</b>	<a href="#">Pediatrics/Emergency Medicine</a>
<a href="#">Family Medicine/Osteopathic Neuromusculoskeletal Medicine</a>	<a href="#">Pediatrics/Medical Genetics</a>
<a href="#">Family Medicine/Preventive Medicine</a>	<a href="#">Pediatrics/Physical Medicine and Rehabilitation</a>
<a href="#">Internal Medicine</a> <b>Specialty Information Available!</b>	<a href="#">Pediatrics/Psychiatry/Child and Adolescent Psychiatry</a>
<a href="#">Internal Medicine/Anesthesiology</a>	<a href="#">Physical Medicine and Rehabilitation</a> <b>Specialty Information Available!</b>
<a href="#">Internal Medicine/Dermatology</a>	<b>*Plastic Surgery</b> <b>Specialty Information Available!</b>
<a href="#">Internal Medicine/Emergency Medicine</a>	<a href="#">Plastic Surgery - Integrated</a> <b>Specialty Information Available!</b>
<a href="#">Internal Medicine/Family Practice</a>	<a href="#">Psychiatry</a> <b>Specialty Information Available!</b>
<a href="#">Internal Medicine/Medical Genetics</a>	<a href="#">Psychiatry/Family Practice</a>
<a href="#">Internal Medicine/Neurology</a>	<a href="#">Psychiatry/Neurology</a>
<a href="#">Internal Medicine/Pediatrics</a> <b>Specialty Information Available!</b>	<a href="#">Public Health and General Preventive Medicine</a> <b>Specialty Information Available!</b>
<a href="#">Internal Medicine/Preventive Medicine</a>	<a href="#">Radiation Oncology</a> <b>Specialty Information Available!</b>
<a href="#">Internal Medicine/Psychiatry</a> <b>Specialty Information Available!</b>	<a href="#">Radiology-Diagnostic</a> <b>Specialty Information Available!</b>
<a href="#">Interventional Radiology - Integrated</a> <b>Specialty Information Available!</b>	<a href="#">Surgery</a> <b>Specialty Information Available!</b>
<a href="#">Neurodevelopmental Disabilities</a>	<a href="#">Thoracic Surgery - Integrated</a>
<a href="#">Neurological Surgery</a> <b>Specialty Information Available!</b>	<a href="#">Transitional Year</a>
<a href="#">Neurology</a> <b>Specialty Information Available!</b>	<b>*Urology</b> <b>Specialty Information Available!</b>
<a href="#">Nuclear Medicine</a>	<a href="#">Vascular Surgery - Integrated</a> <b>Specialty Information Available!</b>
<a href="#">Obstetrics and Gynecology</a> <b>Specialty Information Available!</b>	



# Speciality Competitiveness

2023 NRMP Main Residency Match®: Match Rates by Specialty and State

<https://www.nrmp.org/wp-content/uploads/2023/03/Match-Rates-by-State-Specialty-and-Applclicant-Type-2023.pdf>

\*Cannot be reproduced without the written permission from NRMP



# Programs



# Different Types of Residency Programs

Categorical – All years of residency completed in one program

Prelim (speciality specific) \*[Specialities that require Prelim Year from ACGME](#)

Anesthesiology, Dermatology, Diagnostic Radiology, Neurology (Offers Categorical), Nuclear Medicine, Ophthalmology, PM&R,  
Preventative Medicine, Radiation Oncology

Transitional (exposure to different fields)

In-Depth Explanation by [RoshReview](#)

Advance (Starts at PGY-2)

Either Prelim or TY required

\*When applying, keep in mind same program may offer different types of tracks

Differentiate via AAMC ID or NRMP Number



# Searching for Programs

## Residency Program Search Engines

- Be cautious with paid services
- Free Search Engines
  - [Residency Explorer](#) Provided through your MyERAS token
  - [Freida](#)



# Factors to Consider when selecting Programs

## Program Criteria

- YOG
- Visa sponsorship
- Scores
- LOR
  - Prepare and assign as many as requested. Min is 3. But if program asks for 4, attach 4. You will have to create your own list of requirements after browsing the website.
- MSPE/Dean's letter
  - Request it ahead of time

## Your Criteria

- Personal networking/connections
- Location
- Hospital vs Community
  - Fellowship
  - Primary Care

Some programs prefer wholesome approach i.e. your entire application is considered versus a few factors. Those programs will have that listed on their website (generally) or send out emails once applications are submitted. Such programs also take longer to send out IVs since it takes longer to view your entire profile.






# Prior Match Applicants

You may import certain previous documents to save you time and add new updates

- MyERAS® Application (Personal Information, Biographic Information, Education, Experience, Licensure, Publications)
- MyERAS CV
- Program Report
- Payment History
- Personal Statements

Direct link:

<https://students-residents.aamc.org/applying-residencies-eras/history-and-imports-repeat-applicants>



# Program Signaling

# Program Signals

## Program Signals

---

Program signals offer applicants the opportunity to express interest in a residency program at the time of application.

Additional information coming soon! Please visit the [MyERAS Application and Program Signaling webpage](#) for more information. This worksheet will be updated as new information becomes available.

- Specialties have until early-February to decide to participate in program signaling for the upcoming season.
- Specialties have until the spring to determine the number of program signals they will offer.

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

- |   |  |
|---|--|
| <input type="checkbox"/> Anesthesiology                                       | <input type="checkbox"/> Neurology (Adult)                             |
| <input type="checkbox"/> Child Neurology and Neurodevelopmental Disabilities* | <input type="checkbox"/> Neurological Surgery                          |
| <input type="checkbox"/> Dermatology  | <input type="checkbox"/> Obstetrics and Gynecology                     |
| <input type="checkbox"/> Diagnostic Radiology and Interventional Radiology    | <input type="checkbox"/> Orthopaedic Surgery                           |
| <input type="checkbox"/> Emergency Medicine                                   | <input type="checkbox"/> Otolaryngology                                |
| <input type="checkbox"/> Family Medicine                                      | <input type="checkbox"/> Anatomic and Clinical Pathology               |
| <input type="checkbox"/> General Surgery                                      | <input type="checkbox"/> Pediatrics                                    |
| <input type="checkbox"/> Internal Medicine                                    | <input type="checkbox"/> Physical Medicine and Rehabilitation          |
| <input type="checkbox"/> Internal Medicine/Psychiatry                         | <input type="checkbox"/> Psychiatry                                    |
|   | <input type="checkbox"/> Public Health and General Preventive Medicine |

Use the space below to note the ACGME ID and program name for participating programs you wish to signal within each specialty to which you plan to apply. Participating programs will be available by July.

# Supplemental Application

Current MyERAS Application	MyERAS Application for the 2024 Cycle
Undefined number of experiences.	Up to 10 experiences.
Not available.	Enables applicants to self-select their top three most meaningful experiences (of up to 10 experiences).
Collected <i>limited</i> descriptive information about each experience entry (e.g., position, organization, timeframe, location).	Collects <i>more</i> descriptive information about each experience entry (e.g., position, organization, timeframe, location) as well as frequency of participation options (e.g., one time, daily, weekly, monthly, quarterly, annually).
Not available.	Allows applicants to better define the experience type (e.g. volunteer, work, professional organization, hobby). This helps programs to easily identify and review specific experiences that align with their mission(s).
Not available.	Offers additional multiple-entry questions to capture mission-focused characteristics of each experience entry—focus area, key characteristic, and setting (e.g., rural, suburban, urban). This helps programs complete holistic review.
Undefined Experiences Description field.	Includes short descriptions focused on critical information for programs—roles, responsibilities, and context for all experiences entries.

Compare changes to collection of geographic information:

Current MyERAS Application	MyERAS Application 2024 Changes
Hometown captured in a free text, non-standardized format.	Uses standardized fields to collect all location information across the application (country, state, city, postal code, and setting) including hometown and addresses for experiences and education.
Not available.	Provides applicants the option to share their geographic preferences with programs. The new questions will capture applicants' preferences for different regions of the U.S. and their setting preferences.

## New Changes for Match 2024 (left)

### Geographic Preferences

The division preferences section offers you an opportunity to communicate your preference or lack of preference for particular geographic divisions. Indicate your preference (or lack of preference) for up to three U.S. Census divisions.

- If you select a particular division, then only programs located in the division and to which you apply will see your response.
- If you select "I do not have a division preference," then all programs to which you apply will see your response.
- If you skip this section, then no information will be provided to any program.

#### Entry 1

U.S. Census division:

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

#### Entry 2

U.S. Census division:

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

### ERAS® Applicant Worksheet (continued)

#### Entry 3

U.S. Census division:

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

#### Setting Preferences

The setting preferences section is designed to give applicants the opportunity to communicate their preference or lack of preference for urban or rural settings.

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

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



# Graduation and ECFMG Certification

## Graduation

- Graduation Diploma

## ECFMG Certificate

- Confirm that your school is listed in the World Directory of Medical Schools and that students and graduates from your school are eligible to apply for ECFMG certification
- Apply via ECFMG [Oasis Portal](#)
- Visit [World Directory of Medical Schools](#)



# Medical School Transcript and MSPE

## Medical School Transcript

*IMGs Only: IMG residency applicants must indicate in MyERAS if they themselves or their medical school will provide a MS Transcript to the ERAS Documents office at ECFMG. Instructions for submission can be found here:*

*<https://www.ecfm.org/eras/applicants-documents-index.html>*

## MSPE

*IMGs Only: IMG residency applicants must indicate in MyERAS if they themselves or their medical school will provide a MSPE to the ERAS Documents office at the ECFMG. Instructions for submission can be found here:*

*<https://www.ecfm.org/eras/applicants-documents-index.html>*



# LOR



# Requesting an LOR

## Potential documentation Requested by LOR writers

- Personal Statement
- CV - [Template](#)

## Requesting LOR

- When to Request
  - Plan 3-4 months prior to submission (Ideally in June)
  - Address LOR request at the beginning of a rotation
- How to Request
  - Request via professional email
- Reminders
  - Send appropriate reminders
- How to address delays
  - Every program has a unique deadline for application submission
  - Applicant may update programs about LOR submission if submitted after deadline via email





# LOR Tips

- Address LOR to Program Director or Concerned Party
- AAMC ID
  - Confirm AAMC ID number is on the letter
- Spelling
  - Confirm spelling and proper gender
- Signature
  - Signed letter (Sign a printed copy and scan or add an image of signature to the letter)
- Letterhead
  - Put the letter on your official practice/institution letterhead. If you do not have letterhead, be sure to include your current contact information
- PDF Size
  - PDF file size cannot exceed 1 MB
  - Dimensions 8.1 x 11 inches
  - File cannot be encrypted or password protected

# Uploading LOR to MyERAS

When to request: 3-4 months prior to submission (Ideally in June)

LOR: Personal LOR with unique applicant attributes mentioned > Vague LOR from University tile

Option to Waive rights to view letter or Not waive rights to view letter post-submission

LoRs must be uploaded through the ERAS Letter of Recommendation Portal (LoRP) by the LoR

Author. It is the applicant's responsibility to follow up with *LoR Authors* regarding LoRs.

- *Creating LoR Entries* - You must create a LoR entry for each LoR you intend to use during the application season.
- *Confirming LoR Entries* - You must confirm a LoR entry before an associated *Letter ID* can be generated.
- *Uploading LoRs* - The Letter ID contained in the LoR Request form must be used to upload the associated LoR through the Letter of Recommendation Portal (LoRP).
- *LOR cannot be re-assigned once it is assigned to a program on MyERAS*
- *Resending New Scores* - Applicants must take action in MyERAS to resend USMLE scores to programs previously designated to receive them.

## MyERAS Application

- Complete your MyERAS application.

Note: You are not required to complete the MyERAS application in one sitting and are advised to take your time working on each section.

- Certify and submit your MyERAS application.

Note: Your application must be certified and submitted in order to apply to programs. **Once you have submitted your MyERAS application, you will not be able to make any changes or updates** other than to the information in the Personal Information section. There are no exceptions.

## Uploading and Assigning Documents

Upload	Assign	Document
<input type="checkbox"/>	<input type="checkbox"/>	Personal Statement(s)
<input type="checkbox"/>	<input type="checkbox"/>	Letters of Recommendation (LoRs) Note: An LoR cannot be assigned to programs until the LoR author uploads it to the Letter of Recommendation Portal (LoRP).
<input type="checkbox"/>		Medical Student Performance Evaluation (MSPE or "Dean's Letter")
<input type="checkbox"/>		Medical School Transcript
<input type="checkbox"/>		ECFMG Status Report (IMGs only)
<input type="checkbox"/>	<input type="checkbox"/>	Photograph
<input type="checkbox"/>	<input type="checkbox"/>	Send your USMLE and/or COMLEX-USA Transcripts Note: Instead of uploading your transcript, you must authorize the release of your transcript before you can assign it to programs.

## Applying to Programs

- Search for programs and add them to your Saved Programs.
- Before you submit your application materials, contact *all* programs that you have an interest in to ensure that they are participating in ERAS.
- Apply to programs.

# Components of a Strong LOR

1. Evaluation of Student's strengths (preferably from working directly)
2. Evaluation of how the student will perform as a future resident
3. Qualities that may distinguish student from others

- The strongest letters include at least 3 paragraphs:
  - Introduction – including how long and in what capacity you have known the student
  - 2<sup>nd</sup> Paragraph – outlining details of your assessment of the student's abilities
  - Conclusion – summarizing the strength of your recommendation
- Letter length is often interpreted as a measure of the strength of your recommendation – if your recommendation is strong, the letter should go on to a second page; letters that are 1 page or less are often considered “red flags” by some program directors
- Include accurate descriptions and specific examples of the student's abilities – avoid either exaggeration or overly vague/generic descriptors
- When possible, include statistics (e.g., “Ms. Jones is among the top 5% of students with whom I have worked,” or 10%, 20%, etc.)
- In describing any weaknesses, consider whether you can frame them positively (e.g., “demonstrated improvement in documentation...” rather than “demonstrated poor documentation”)
- Include any position titles, including faculty appointments, in your signature
- “Real” signatures are preferred over digital signatures

The table below provides a useful example of revising a “vague” or “ambiguous” letter:

**TABLE 3. Suggestions for “Honest Language” Revisions of an Ambiguous Description of a Student**

Letter-Writer's Original Narrative	Reader's Inference	Honest Language for Excellent Applicant
<p>“Sarah was on our service for 4 weeks—her first clerkship experience. She was a relatively strong student overall. She is a nice person, liked by colleagues, and she got the work done.”</p>	<p>Sarah may or may not be a high-performing student. She seems to have been effortful on her first rotation, but may have had some difficulty. How she compares with other students is unclear. The team seemed to like her, which is promising.</p>	<p>“Ms. Smith was in the top 10% of students I have worked with over the past 5 years. She has an excellent fund of knowledge compared with her peers. During her 4-week rotation with us, she showed herself to be effective in her role, industrious, and timely—not easy, given that this was her first clerkship! Ms. Smith exhibited real professionalism and had an impeccable work ethic that will continue to serve her patients, her team, and her career well.”</p> <p><b>Honest Language for Problematic Applicant</b></p> <p>“Ms. Smith is a hardworking student with an above-average fund of knowledge but weaker problem-solving skills than expected for her level of training. She shows genuine professionalism. She will find greater success in an environment that provides mentorship for any problems she encounters.”</p>

Roberts & Termuehlen, Acad Psych 2013; 37(1): 55-9.



# LOR Examples

# Strong Letter Outline

## Strong Sample Letter of Recommendation

Letterhead (if available)

Name of Institution  
Your Street Address  
City, State Zip Code

Re: Rory Panther  
AAMC: 1234567

Date

Dear Program Director,

It is my pleasure to write this letter in strong support of the application of Ms. Rory Panther for your residency program. I have been clinical faculty with Florida International University since its inception and have worked with family medicine students in the clinical setting for the last 8 years. Overall, I have taught and worked with medical students in the clinic setting for the past 20 years. I worked personally with Ms. Panther over the course of the 8 week rotation in a family medicine clinic. In this capacity, I was able to closely observe and assess her clinical skills.

Ms. Panther was always prepared for each day's census, reading about every patient's history, labs, and diagnoses. An example of the level of her preparation was seen in her recommendation that we follow up on sleep issues documented by the therapist in the EMR, indicating Ms. Panther's thorough knowledge of the patient, including notes by other providers. Another example is that she correctly interpreted abnormal thyroid function studies, and made appropriate treatment recommendations (including strength of medication) and follow up lab recommendations.

*What makes a strong letter?*

The letter is written on letterhead.

The letter describes the letter writer's qualifications for writing this letter, specifically, her experience in medical education

The letter describes the writer's current role as a clinical teacher.

The letter describes how long and in what capacity the writer has known the student.

The letter includes opinions and observations.

The letter is specific and accurate, including details.

Ms. Panther demonstrated her clinical curiosity by asking and answering a clinical question using evidence-based resources. Specifically, she saw a patient with symptoms of a urinary tract infection, but with a clean urine dipstick and looked up the sensitivity and specificity of the urine dip in the face of a strong pretest probability and then seeing that the clean urine dipstick did not negate the history, Ms. Panther looked up the appropriate treatment, including dose and frequency. For a patient with testicular pain, she came up with at least five differential diagnoses, including important "can't miss" diagnoses.

Ms. Panther also demonstrated strong teaching skills in working with a first year medical student coming to the clinic to learn how to obtain a history from a patient. Ms. Panther went over the patient they were

The writer states specific qualities the candidate possesses: preparedness, clinical curiosity, and teaching skills.

The writer provides details to demonstrate how the candidate exhibited a certain quality.

# Strong Letter Example

Esteemed Residency Program  
Well-Known University  
1234 University Way  
Big City, Florida 54321

March 19, 2014

Dear Program Director,

It is my pleasure to write in support of the application of Mr. Ian Harris for your residency program. I have been an educator for decades with considerable experience with national organizations. I worked closely with Mr. Harris during his third year clerkship as well as during his acting internship. As is evident from his CV, Mr. Harris has excelled throughout his career with many notable accomplishments which I will not repeat here. I will focus on my experiences with Mr. Harris, primarily those related to his clinical abilities and which demonstrate the qualities necessary for your residency: excellent knowledge, clinical skills, patient care, and leadership. I have observed Mr. Harris in both the inpatient and outpatient setting, taught him in class, and overseen his performance during his clerkship and acting internship.

In addition to considerable intellect and exemplary performances on standardized examinations, Mr. Harris is a warm, engaging individual who teaches others by example, is inclusive, and consistently exhibits curiosity and motivation to learn. He comes prepared for all types of learning situations, having researched the relevant topics so that he can provide quality care as well as participate actively in class and clinical supervision. Mr. Harris is articulate, well-read, and able to utilize his knowledge effectively in the clinical setting. In addition to prioritizing his own learning, Mr. Harris considers the needs of others. On multiple occasions, he has arrived in clinic with handouts on relevant clinical topics tailored for the rest of the medical team. He has been described as one of the best students to rotate on our service by our residents and several attending physicians. A colleague was so impressed by Mr. Harris' knowledge and skills that she invited him to give a presentation during Grand Rounds. His presentation was outstanding – comprehensive in scope yet presented efficiently and effectively. On his own time, Mr. Harris designed a well-conceived, thorough study protocol on risk factors for readmission within 30 days to our inpatient service.

In conclusion, I am happy to give Mr. Harris my highest recommendation for your residency program. In my experience, he is in the top 10% of all medical students with whom I have worked over the past 20 years. If you have any additional questions or require further information, please do not hesitate to contact me.

Sincerely,

Joseph Attending, M.D.  
Associate Professor of Medicine



# Weak Letter Example

## SAMPLE LETTER OF RECOMMENDATION – **WEAK**

Esteemed Residency Program  
Well-Known University  
1234 University Way  
Big City, Florida 54321

March 19, 2014

Dear Program Director,

I am pleased to write this letter of recommendation for John Jones, who was first introduced to me when he came to Butterworth Hospital as a fourth year student in 2013.

I found Mr. Jones to be a very hard working, conscientious individual. He took very good care of patients who were assigned to him, and he made sure that all the work-up was done before the morning rounds, where he actively participated. His responsibilities included taking histories and physicals, writing SOAP notes, collecting lab reports from the previous day, writing transfer and discharge summaries and also participating in morning reports and noon conferences. He also gave some excellent presentations. He has excellent clinical skills and displays them with mature mannerisms.

John is a very humble individual who gets along well with his peers and the entire medical team. It is therefore without reservations that I recommend him to you for any residency program that he may be seeking. I am sure he will be a valuable asset to your organization.

Please do not hesitate to contact me if you need further information.

Sincerely yours,

William Attending, M.D.  
Associate Professor of Medicine



# Personal Statement

The personal statement may be used to personalize the application to a specific program or to different specialties. There is not a limit to how many personal statements you may create; however, you may only assign one (1) for each program. Confirm assigned PS is appropriate for speciality

## Template

### **Avoid: Holistic approach, patient-centered care**

*Note: There are a number of websites that provide examples of Personal Statements. Do not copy any information from these sites and use them in your Personal Statements without giving credit to the author. This is considered plagiarism. See the [ERAS Investigation Policy](#)*

### ***Special Note About Formatting***

- Personal Statements must be created in plain text formatting. HTML and other special text formatting, such as bold, italics, underline, text color, and alignment, are not allowed. Personal statements created outside of MyERAS should be done in a plain text word processing application such as Notepad (for Windows users) or Text Edit (for Mac Users) to ensure text stays as clean as possible.





# Professional Picture

## [AAMC Guidelines](#)

A photo file should not exceed these requirements:

- Dimensions: 2.5 in. x 3.5 in.
- Resolution: 150dpi
- File Size: 150kb



# Dos and Don'ts

## Don't

Spend Money For Publicly available information

Wait until July to work on your application

Wait to engage with programs

Wait till end of rotation to request LOR

Have someone else write your PS

Share PS with Strangers on Chat Groups

Send ERAS CV for observerships

Submit ERAS CV details without proofreading

Practice an answer and then regurgitate it in an IV

## Do

Learn about the guidelines from authorities involved - [View](#)

Make a [timeline](#) and checklist, plan well in advance

Contact Programs prior to September using professional CV

Request early and ask Preceptor about expectations - [Tips](#)

[Templates](#) on Personal Statement

Use apps such as grammarly to write professionally without grammatical errors

Type on a document and save as PDF - Example

Have a professional/qualified friend look at your CV

Be yourself

# Residency Interviews and Letters of Interest



## General Residency Interview Tips

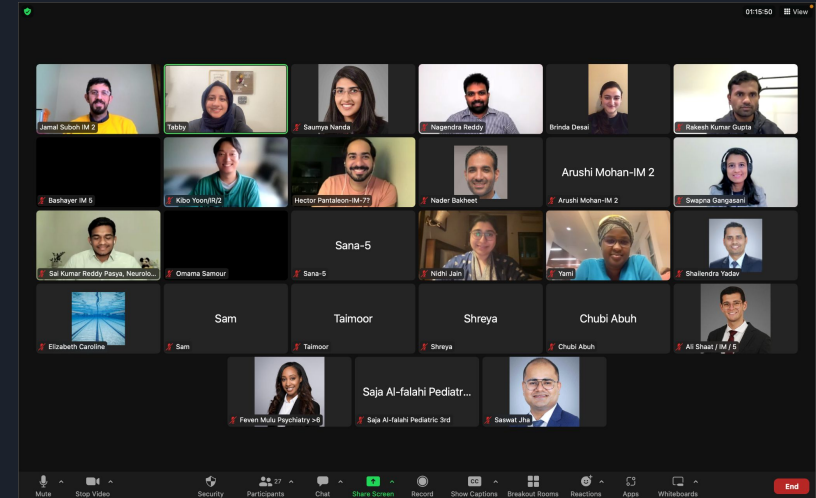
Resiyay Residency Services

Dr. Tabby  
Dr. Ahmed  
Dr. Wasif  
& Numerous Dedicated Residents



# Mock Interviews: Free Group Mock Sessions

- Interact with applicants from around the globe
- Become comfortable delivering your practice interview answers
- Connect with applicants on free chat groups with Advisers





# Mock Interviews: Dedicated

- Dedicated interview with standardized questions
- Focused and personalized responses
- Formal feedback on presentation, interview skills and verbal and nonverbal communication
- Sessions available with Dr. Tabby Fayyaz, Dr. Ahmed Chaudhary, Dr. Abbass Farooqui



# Post Interview Thank You Note

Template provided in Presentation “General Residency Interview Tips”



# Letter of Intent

A letter of intent is an expression of intent from an individual who has interviewed at a particular program that they will be ranking the program #1 on their rank list.

The letter serves as a notification to the program and program directors that the student is excited to match at the program for their specialty training.



# Letter of Intent

## Contents

The point of the letter is to summarize your interest and application

Add credentials at the end:

Name:

AAMC ID:

USMLE ID:

Medical school:

Year of graduation:

USMLE Step 1: (First attempt)

USMLE Step 2 CK: (first attempt)

USMLE STEP 2 CS: Passed, first attempt

ECFMG CERTIFIED: Yes

US Clinical Experience: 72 weeks

## When to send

Prior to September

During Application Cycle





# Rank Order List

## Factors important for ranking programs

- Algorithm favors the applicant
- Location
- Culture
- Curriculum

Tip: Certify List 10 days prior to final submission date

## Match 2023 important deadlines

<https://www.nrmp.org/residency-applicants/rank-your-programs-main/>

<https://www.nrmp.org/wp-content/uploads/2021/12/2022-MRM-Program-Checklist-r1.pdf>



# SOAP: The Supplemental Offer and Acceptance Program

Sponsored by NRMP

The Supplemental Offer and Acceptance Program (“SOAP”) provides a uniform system for programs to offer unfilled positions to eligible unmatched or partially matched applicants through a series of offer rounds during Match Week

- [More information](#)
- Explanation by Dr. Taha Ataya, PGY2 Neurology  
(Link in Google Drive under Session [Recordings](#))

NRMP registration and participation in Main Match required

Eligibility: Unmatched in Main Match (regardless of visa status)

Number of Programs you may apply to: 45 programs

Eligible Programs: Visible on NRMP

Personalized information: Personal Statement, LOR (either same as MyERAS or new letters) \*May apply to any speciality but attach material appropriate to speciality

Correspondence with Programs: Usually offered via phone call from program starting Match Week Tuesday 8am

\*\*May contact Program directly **only after** round 4 of SOAP match concludes on Thursday 8pm of Match Week



# Questions

For further inquiries, please reach us at [Resiyay786@gmail.com](mailto:Resiyay786@gmail.com)

**Sat. Jan 14: USMLE Step 1 and CK prep**

**Sat. Jan 21: USMLE Step 3 prep**

**Sat. Jan 28: USCE and Research**

Visa, Opportunities, LOR requests, Patient Presentation

**Sat. Feb 11: Residency Application**

PS, CV, Necessary documents, MyERAS

**Sat. Feb 25: Residency Interview**

Standardized questions, Free mock interviews and IV related communication

12pm Central Standard Time

Registration required

View Recordings on [Resiyay Google Drive](#)

## **Journey to US Residency Seminar 2023**

Additional session on LORs on Feb 18th

Proud to collaborate with:

- NovaCards.AI

AI-Based Free App for Automating Anki Cards

IG: <https://www.instagram.com/novacards.ai/>

- Excemy Medical

Free Usmlc Steps and clinical sessions resources

IG: <https://www.instagram.com/excemymedical/>

# Resiyay Free Presentations



## Journey to USMLE and US Residency

Adding "yay" to residency application

Tabby Fayyaz, MD & Dedicated Advisers



## US Residency Interview Tips

Tabby Fayyaz, MD  
Ahmed Chaudhry, MD  
Wasif Safdar, MBBS & Dedicated Advisers



## Surviving and Thriving Intern Year

Irfan S. Sheikh, MD  
Tabby Fayyaz, MD

