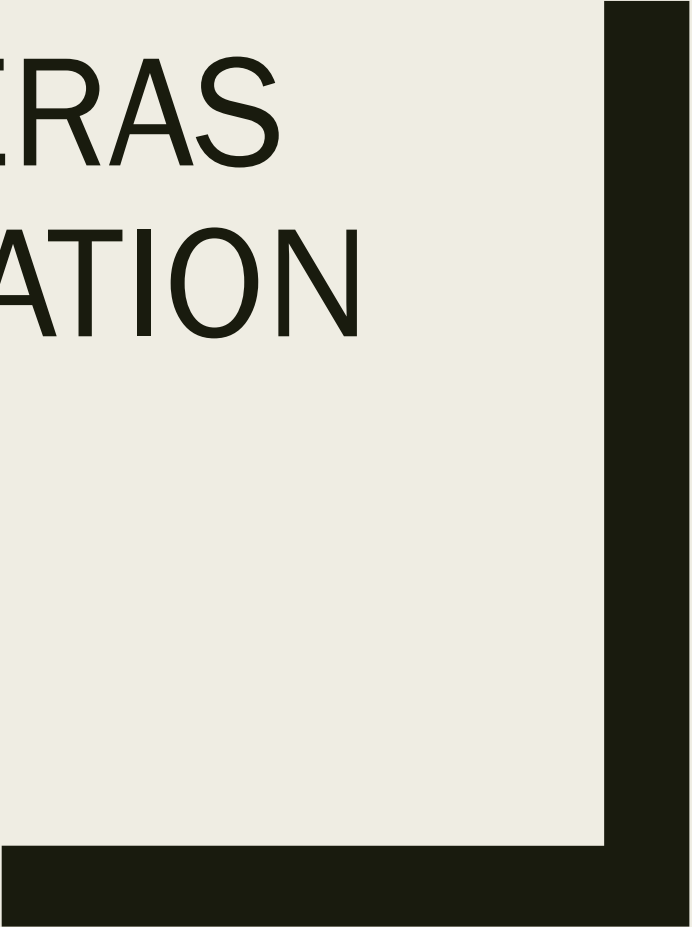


TIPS FOR YOUR ERAS MEDICINE APPLICATION

2022 APPLICATION CYCLE

Sonia Ananthakrishnan, MD

Craig Noronha, MD



Objectives

- We are excited to support you as you finalize your application in Internal Medicine*
 - *Introductions*

- ERAS tips for 2022 recording
 - *<https://www.bumc.bu.edu/im-student-education/applying-in-internal-medicine/>*

Applying in Medicine

- **Categorical track**

- Traditional 36-month training program that balances inpatient and outpatient **medicine** across all of the specialties within internal **medicine** and prepares trainees for careers in general internal **medicine** practice, hospital **medicine**, or subspecialty fellowships

- **Primary Care track**

- Highlights ambulatory care setting, program curriculum provides training that includes more outpatient time
- If interested, touch base with Catherine Rich, MD in the residency program office

Timeline

- **May/June**
 - *USMLE Step 2 planning (pick Step 2 date)*
 - *Goals for residency*
 - *Initial LOR brainstorming*
 - *Meetings with FSA, Dean and DOM (Ananthakrishnan and Coleman)*
 - *4th year schedule finalization*
 - ***June 8th general ERAS opens***
- **July/August/September**
 - ***August 1st supplemental application ERAS opens***
 - *Personal statement and ERAS/supp app reviews*
 - *Finalizing LOR selections*
 - *Sept 1st : Initial program list*
 - *# of programs to apply to*
- **Sept 16th 5pm- Supp App DUE!**
- **Sept 27th- submit to ERAS**
 - ***Sept 28th- ERAS opens to programs***
- **Oct/Nov/Dec/Jan- Interviews**
 - *Virtual/?Hybrid interviews*
 - *Encourage interview coaching*
 - *Aim for 12-15 interviews*
- **Jan/Feb- meet FSA to discuss rank list**
- **March 1st 9PM- programs and students submit rank list**
- **March 13-17 : SOAP followed by MATCH day**
 - ***MATCH DAY 2023 FRIDAY MARCH 17, 2023!!!***

Student checklist for applying in IM

Element	Details/Goals
Personal CV	Don't do much editing, ERAS CV is different
LOR#1	Subl
LOR#2	Clinical vs. ?Research, extracurricular
LOR#3 (only some programs)	Prefer 4 th year, but accept 3 rd year, prefer IM
Dean's letter- MSPE	Meet with your SAO dean
Meeting with Chair/CD	DOM Departmental letter Meet w Dr. Ananthakrishnan Meet w Dr. Coleman
Personal Statement	Workshops w SAO July/August
Program List	Finalize by early September
ERAS Application	Review w FSA- Due 9/27*
ERAS Supplement	Review w FSA- Due 9/16 5pm
Interview Coaching	DOM Meeting in Sept/Oct on interview tips

**Table
IM-1****Summary Statistics on U.S. Allopathic Seniors
*Internal Medicine***

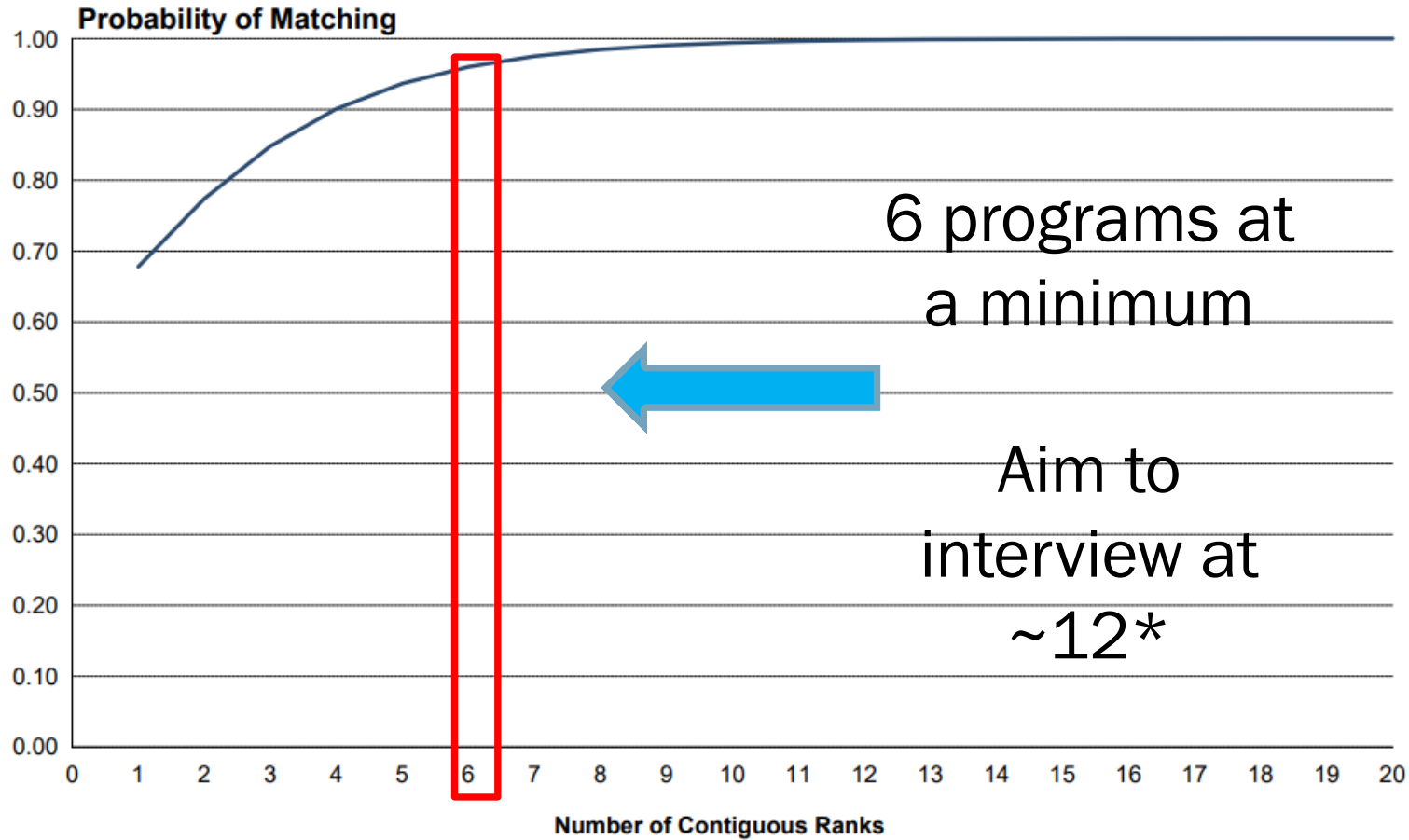
Measure	Matched (n=3,070)	Unmatched (n=59)
1. Mean number of contiguous ranks	12.6	3.6
2. Mean number of distinct specialties ranked	1.0	1.3
3. Mean USMLE Step 1 score	233	207
4. Mean USMLE Step 2 score	246	223
5. Mean number of research experiences	3.1	2.1
6. Mean number of abstracts, presentations, and publications	5.1	2.9
7. Mean number of work experiences	2.9	3.4
8. Mean number of volunteer experiences	6.8	5.5
9. Percentage who are AOA members	16.7	1.7
10. Percentage who graduated from one of the 40 U.S. medical schools with the highest NIH funding	33.6	15.3
11. Percentage who have Ph.D. degree	4.9	1.8
12. Percentage who have another graduate degree	17.6	35.7

Note: Only U.S. allopathic seniors who gave consent to use their information in research are included.

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>).

**Graph
IM-1**

Probability of U.S. Allopathic Seniors Matching to Preferred Specialty by Number of Contiguous Ranks
Internal Medicine



6 programs at
a minimum



Aim to
interview at
~12*

Source: NRMP Data Warehouse. Note: Probabilities calculated based on 2016-2018 applicants

ERAS Tips

- <https://www.medschool.umaryland.edu/media/SOM/Offices-of-the-Dean/Student-Affairs/documents/ERAS-Sample-Application.pdf>
- Start with a good picture
 - *If possible, professional pictures (try pharmacy photo booth)*

MyERAS Application

General Information

Name: *Robert, Dorcas* Applicant ID: 2020178395
 Previous Last Name: AAMC ID: 14726279
 Preferred Name:
 Most Recent Medical School: *University of Maryland School of Medicine*
 Email: *drobert@som.umaryland.edu* USMLE ID:
 Gender: *Female* NRMP ID:
 Birth Date: *06/16/1902* Participating in the NRMP Match: *Yes*
 Authorized to Work in the U.S.: *Yes* Participating as a Couple in NRMP: *No*
 Current Work Authorization: *Citizen, Legal Permanent Resident, Refugee, Asylee*

Self Identification:

Present Mailing Address:
*685 W. Baltimore Street
 Baltimore, MD 21201*
 Preferred Phone #: *410-706-3649*
 Alternate Phone #:
 Mobile #:
 Pager #:
 Fax #:

Permanent Mailing Address:
*685 W. Baltimore Street
 Baltimore, MD 21201*
 Phone: *410-706-3649*

Military Service Obligation/Deferment? *No*
 Other Service Obligation? *No*

Misdemeanor Conviction in the United States?
 Limitations?

Medical Licensure

ACLS:
 PALS:
 BLS:
 DEA Reg. #: *None*
 Board Certification:
 Medical Licensure Suspended/Revoked/Voluntarily Terminated?
 Ever Named in a Malpractice Suit?
 Past History?

State Medical Licenses

Type	Number	State	Exp. Date
<i>None</i>			

Hometown option

MyERAS Application

Medical Education

Institution & Location	Dates Attended	Degree	Date of Degree
University of Maryland School of Medicine United States of America	08/2016 - 05/2020	Yes, M.D./Ph.D.	05/2020
Medical Education/Training Extended or Interrupted?			

Medical School Honors/Awards

Department of Neurology Clinical Student Award (2018)

Membership in Honorary/Professional Societies

Alpha Omega Alpha (Member of AOA)
 Gold Humanism Honor Society (Member of GHHS)
 First Place - Medical Student Research Day (2017)

Honors-, AOA, Gold humanism, but additional honors as well!

Education

Education	Institution & Location	Dates Attended	Degree	Degree Date	Field of Study
Undergraduate	University of Maryland 685 W. Baltimore Street	08/2012 - 05/2016	Yes, B.M.	05/2016	Neurology

Current/Prior Training

Institution, Location, & Training Type	Program Director	Program Supervisor	Dates Attended	Month(s)	Discipline
None					

Experience

Experience	Organization & Location	Position	Dates	Supervisor	Average Hours/Week
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MyERAS Application

Experiences

Experience	Organization & Location	Position	Dates	Supervisor	Average Hours/Week
Work Experience	Cisco, Baltimore, MD, United States of America	Technical Support Rep	01/2014 - 06/2014		40
Description: Provided technical support for cloud networking equipment deployed nationwide Reason for Leaving:					
Work Experience	University of Maryland, Baltimore, MD, United States of America	Research Associate	06/2013 - 12/2013		45
Description: - Conducted a meta-analysis of past studies on chemosensitivity testing - Performed cell culture on human cancer cell lines to be used for preliminary drug response assays Reason for Leaving:					
Volunteer Experience	University of Maryland School of Medicine, Baltimore, MD, United States of America	USMLE Step 1 student panel participant	03/2016 - 03/2016		
Description: Discussed Step 1 study strategies, answered questions regarding exam, and provided reassurance to nervous underclassmen Reason for Leaving:					

Include pre-med school:
jobs, research, significant
volunteer experiences

From med school: include
all activities- THIS IS
WHERE WE SEE
STUDENTS UNDERSELL
THEMSELVES!

Anything in your app is
fair game for interview
conversation

MyERAS Application

Experiences

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Use this as an opportunity to paint a picture of YOU!

Ex: Multiple volunteer experiences around SDH

Leadership roles

Research positions

For students with extenuating circumstances that limited extracurricular participation, make sure to highlight the circumstances in your PS, or other places in app

MyERAS Application

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Hours of commitment
 -- Part time job → 20hr/wk
 -- One time event, IG → blank
 -- Less critical for clubs

Longitudinal or intense involvement in 1-2 experiences DOES equate to multiple short experiences

2-3 sentences to describe your role and experience, if not evident. Explain the experience to a non-BUSM reader
 -- Highlight leadership roles

MyERAS Application

Experience

Experience	Organization & Location	Position	Dates	Supervisor	Average Hours/Week
Research Experience	Dept of Ophthalmology, University of Maryland, Baltimore, MD, United States of America	Research Student	05/2017 - 12/2017	Gabrielle Ofomade, MD	15
<p>Description:</p> <p>Contributed to several research projects, including one case report and one abstract submission to the American Academy of Ophthalmology Conference 2017</p> <p>Reason for Leaving:</p>					

Publications

<p><u>Peer Reviewed Book Chapter</u></p> <p>Robert, Dorcas. (2011). The Brain and the Environment. In DD Medicine Inc. (Ed), <i>The Brain and Baltimore City: The Long-term Effects of Urban Living</i> (pp. 25-68). Baltimore: New York Harper.</p>
<p><u>Oral Presentation</u></p> <p>Robert, Dorcas & King, David. (June, 2018). Attention Deficit-Hyperactivity Disorder and the Long-term Affect of Methamphetamine Oral Presentation presented at: Neurology Association National Annual Meetings; Paris, FRA.</p>

Language Fluency

Language	Language Proficiency	Proficiency Description
French	Native/functionally native	I converse easily and accurately in all types of situations. Native speakers, including the highly educated, may think that I am a native speaker, too.

Hobbies & Interests

None

Hometown(s)

None

Other Awards/Accomplishments

None

Mention all scholarship. Include works published/presented and those accepted or submitted

Case reports should go in as Posters/Presentations, not clinical research

Again, anything you list here is fair game for an interview question (i.e make sure you review details and can converse about this!)

MyERAS Application

Experience

Experience	Organization & Location	Position	Dates	Supervisor	Average Hours/Week
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Hobbies & Interests

None

Hometown(s)

None

Other Awards/Accomplishments

None

Most common are “reading, hiking, travel, cooking, running”

Make yourself stand out here and show us how you take care of yourself (eg what recipe is your favorite?, do you spend time with family/pets? What’s your fave binge watch?)

Use the hobbies to highlight your geography of preference! Ex: “I enjoy hiking the hills of San Francisco with my family”

MyERAS Application

Experience

Experience	Organization & Location	Position	Dates	Supervisor	Average Hours/Week
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Hobbies & Interests

Note

Hometown(s)

Other Awards/Accomplishments

Note

Here is a chance to shout-out your geography of preference. Its optional, but if you are aiming for your hometown- here is your chance to sell that.

Eagle scout? Marathoner? Certification in IHI?

Supplemental Application New to IM

- Structured questions
 - Geographic Preferences
 - Prior meaningful experiences
 - Program signaling (7* signals)
-
- AAMC webinar for students available online

Supplemental Application

New to IM

- **Geographic preferences**
- Students can signal up to 3 (of 8) US census geographic regions as preferences, they can signal no preference, or they can decline the question entirely.
- 250 characters to describe justification of preference or if there is no preference

- Programs only receive a geographic signal info/essay if:
 - 1. They are in the chosen region
 - 2. Applicant signals no preference.

Supplemental Application

New to IM in

- Meaningful experiences
 - Enter 3-5 experiences that are most important
 - Work, volunteer, service based
 - *For each of the 3-5 experiences- follow-up questions*
 - Top 5 experiences
 - *Describe why each was among the most meaningful (300 characters)*
 - *Complement ERAS application, highlight insight or how these experiences shaped you*

Supplemental Application

New to IM in

- **Meaningful experiences**
- Pre-Drafting (first draft due at Departmental LOR meeting)
- Reflect and identify experiences that communicate who you are, your passions
- Consider experiences as a complete set- use all to paint a holistic picture of yourself
- WHY it was meaningful, HOW it impacted you?

Supplemental Application New to IM in 2021

- Program signals
- Students are allowed to send individual program preference signals (think "token") to up to **7 programs** (current number, may change if more than 120 programs participate)
 - *Sending two signals to one program will still only be received as one signal-- students shouldn't do that.*
 - *Don't signal home programs, or in-person away rotations/subls*
- Programs are prohibited from asking if applicants are participating in signaling, disclosing if specific applicants sent them a signal, and disclosing total number of signals they received.

Dept of Medicine Letter

Steps to take: Due on August 23, 2022

- A. Draft of Meaningful experiences (Due at dept meeting with Sonia Ananthakrishnan)
- B. CV (updated to reflect all activities as of August 2022)
- C.. Personal statement (workshop thru Student Affairs will happen in July/August)
- D. Copy of ERAS and supplemental application (students are given ERAS access June 2022)
- E. Medical school transcript (**updated with all rotations up to August 19th, 2022**)
- F. List of Medicine based rotations that you will have completed as of Block 12 in 2022 (including SubI, MICU, Geri, Med 2 and any Medicine subspecialty electives). We may try to incorporate comments from these rotations in your Departmental Letter (as they become available, and IF they support your application).
- G. Provide us with the name of your IM Medicine Field Specific Advisor (once you have been assigned this)

Personal Statement

- Personal statement- no more than 1 page on ERAS
- Attend the PS workshop by SAO, bring a draft
- For Internal Medicine- remember- do not rehash your CV
- For IM, not as imperative to justify why you selected IM

Questions?

Objectives

- We are excited to support you as you finalize your decision on applying in Medicine
 - *Stay in touch with us*
- Point you in the right direction as we start application season
 - *Best advice we can give is stay on top of all the “tasks”*