

TIPS FOR YOUR ERAS MEDICINE APPLICATION

2023-2024 APPLICATION CYCLE

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Objectives

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

- ERAS tips for 2023 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 for application

May/June

USMLE Step 2 planning
(pick Step 2 date)

Goals for residency

Initial LOR brainstorming

Meetings with FSA, Dean
and DOM
(Ananthakrishnan and
Hollenberg)

4th year schedule
finalization

June 8th general ERAS
opens

July/August/September

Work on ERAS

Personal statement (SAO)
and ERAS-DOM

Finalizing LOR selections

End of Aug: submit to
DOM:

PS, ERAS, Transcript,

Sept 1st : Initial program
list

Vet list and # of programs
with advisors in Sept

Sept 26th- submit to
ERAS

9AM Sept 27th- 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 18-22 : SOAP followed
by MATCH day

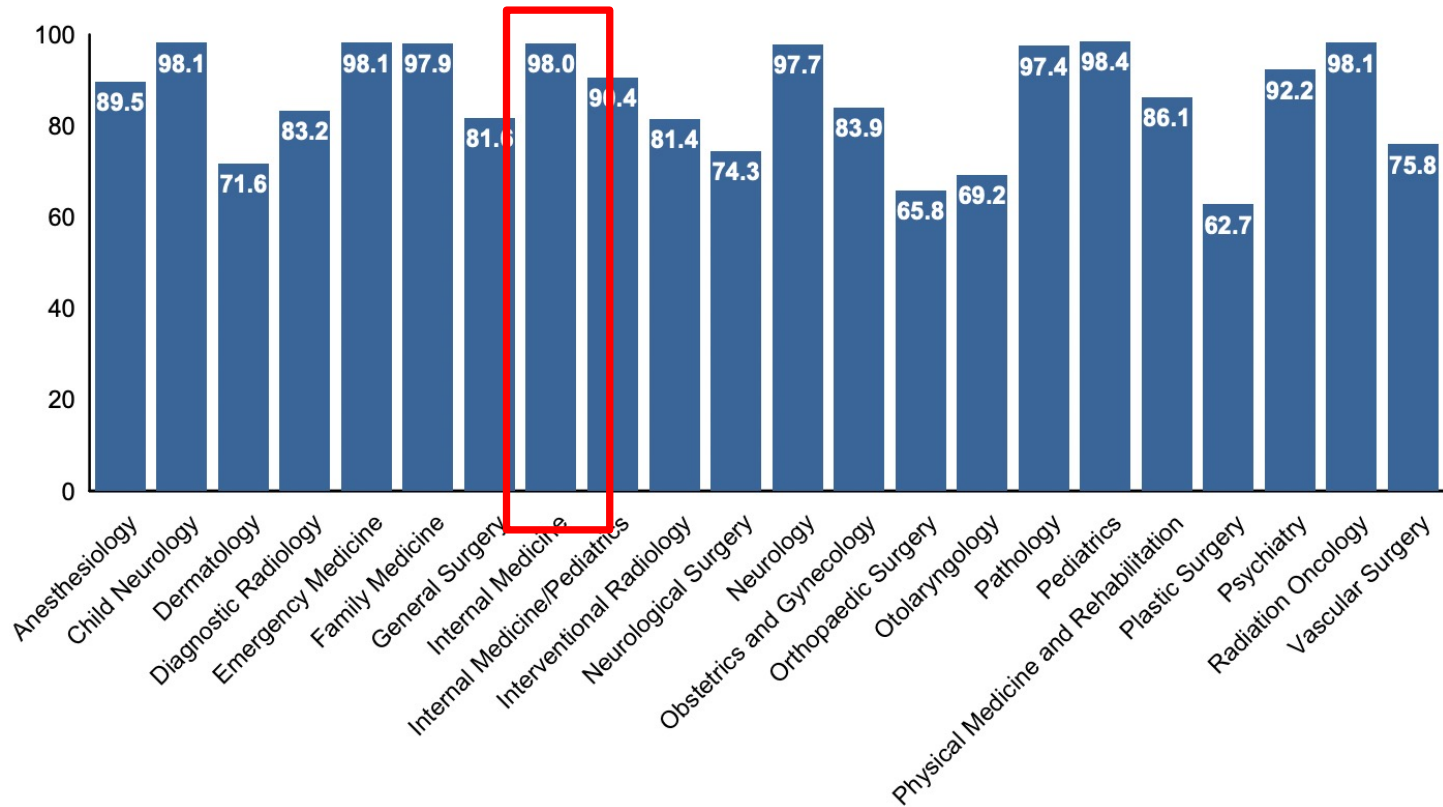
**MATCH DAY 2024: Fri March
22, 2024**

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. Hollenberg
Personal Statement	Workshops w SAO July/August
Program List	Finalize by early September
ERAS Application	Review w Sonia, FSA- Due 9/26
Interview Coaching	DOM Meeting in Sept/Oct on interview tips, Thalamus


**Chart
3**

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



Source: NRMP Data Warehouse

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

Measure	Matched (n=2,962)	Unmatched (n=55)
1. Mean number of contiguous ranks	14.2	3.3
2. Mean number of distinct specialties ranked	1.0	1.3
		
4. Mean USMLE Step 2 score	249	230
5. Mean number of research experiences	3.6	2.8
6. Mean number of abstracts, presentations, and publications	6.9	3.5
7. Mean number of work experiences	3.3	3.3
8. Mean number of volunteer experiences	7.7	6.3
9. Percentage who are AOA members	16.0	1.8
10. Percentage who graduated from one of the 40 U.S. medical schools with the highest NIH funding	31.4	16.4
11. Percentage who have Ph.D. degree	4.7	2.0
12. Percentage who have another graduate degree	18.6	14.3

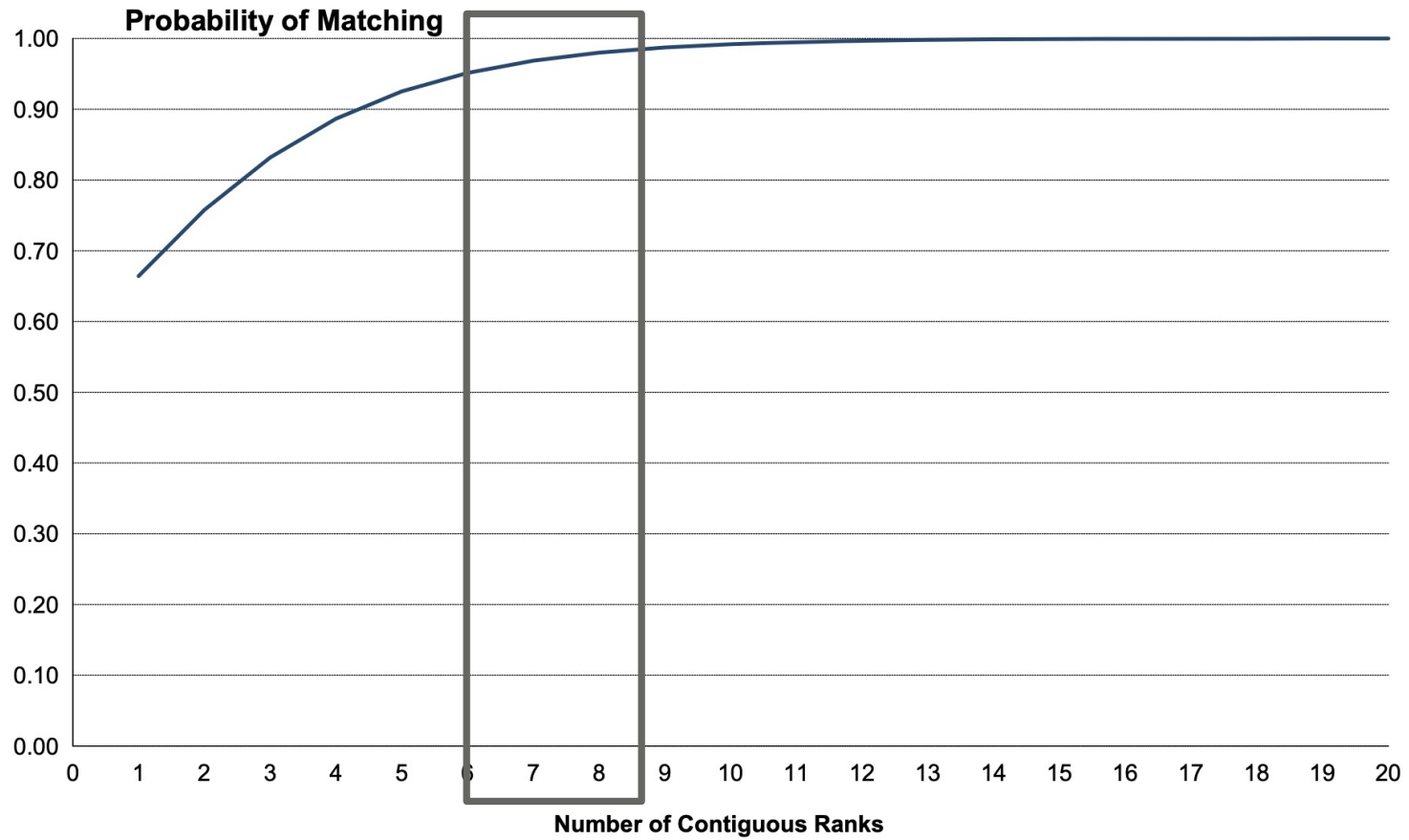
Note: Only U.S. MD seniors who gave consent to use their information in research are included.

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. MD Seniors Matching to Preferred Specialty by Number of Contiguous Ranks

Internal Medicine



Source: NRMP Data Warehouse. Note: Probabilities calculated based on 2020-2022 applicants

ERAS Tips

- AAMC resources
- Start with a good picture
 - *If possible, professional pictures (try pharmacy photo booth)*

MyERAS for the 2024 Cycle

Residency Applicants

Updated Experiences

New Geographic Info

Adding Program Signals*

**Program signals for participating specialties and programs only.*

Updated Experiences in MyERAS for 2024

- Applicant can enter up to 10 experiences
- Identify 3 most meaningful experiences
- More experience types
- Improved collection of experience fields

- New mission-focused characteristics
 - Setting, Focus Area, Key Characteristics

- New Short Descriptions
 - Context, role, and responsibilities (750 char)
 - Meaningful experiences (300 char)
 - Impactful experiences (750 char)

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/Prvince*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles and Responsibilities:

750-character limit

- Education/training
- Military service
- Professional organization
- Extracurricular activity, club, hobby
- Research
- Teaching/mentoring
- Volunteer/service/advocacy
- Work

New Experience Types

- Education/training
- Military service
- Professional organization
- Extracurricular activity, club, hobby
- Research
- Teaching/mentoring
- Volunteer/service/advocacy
- Work

Improved Experience Fields

Question/Field	Format
Position title	Open Field
Organization	Open Field
Start/End dates, Ongoing	Date Format Yes/No
Participation Frequency	Dropdown Selection
Location	Country, State, City, Postal code

Experiences (10)

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.

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

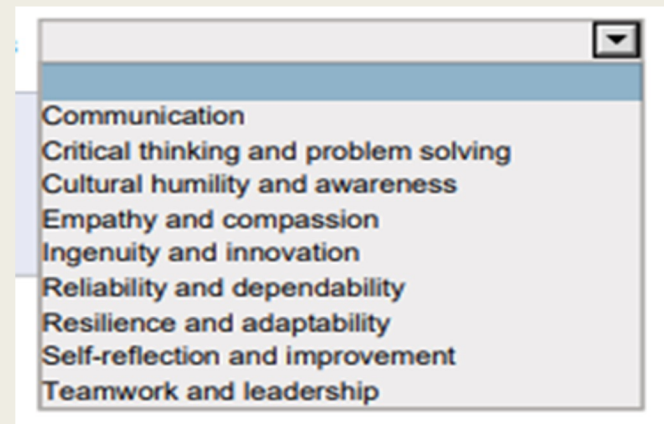
Context, Roles and Responsibilities:

750-character limit

Primary Focus Area



Key Characteristics



New Mission-Focused Drop-down Selections in Experiences

Settings

- Rural
- Rural/Urban
- Urban
- Urban/Suburban
- Suburban
- Virtual

Focus Area

- Basic science
- Clinical/translational science
- Community involvement/outreach
- Customer service
- Healthcare administration
- Improving access to healthcare
- Medical education
- Music/Athletics/Arts
- Promoting wellness
- Public health
- Quality improvement
- Social justice/advocacy
- Technology

Key Characteristics

- Communication
- Critical thinking and problem solving
- Cultural humility and awareness
- Empathy and compassion
- Ethical responsibility
- Ingenuity and innovation
- Reliability and dependability
- Resilience and adaptability
- Self reflection and improvement
- Teamwork and Leadership

Most common experiences reported by applicants:



	Experience Type	Focus Area	Key Characteristic
<p>Most Common Experience Types*</p>	<p>Education/training Other extracurricular activity Research Teaching/mentoring Volunteer/service/advocacy Work</p>	<p>Basic science Clinical/translational science Community involvement/outreach Improving access to healthcare Medical education Music/Athletics/Art Promoting wellness Public health</p>	<p>Communication Critical Thinking and Problem Solving Cultural Humility and Awareness Empathy and Compassion Teamwork and Leadership</p>

**Results were consistent across all specialties*



Most Meaningful Experiences

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

Impactful Experiences

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

MyERAS for the 2024 Cycle

Residency Applicants

Updated Experiences

New Geographic Info

Adding Program Signals*

**Program signals for participating specialties and programs only.*

Geographic Preferences

- If you select a particular division, then only programs located in the division 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

U.S. Census region map used to define states within each division:



ERAS 2023-2024

Hometown is an area(s) where you currently or previously lived and feel strong ties or sense of belonging

- You may enter up to **five** hometowns

Geographic Preferences and Settings

Location: Biographic Information Section of the MyERAS application

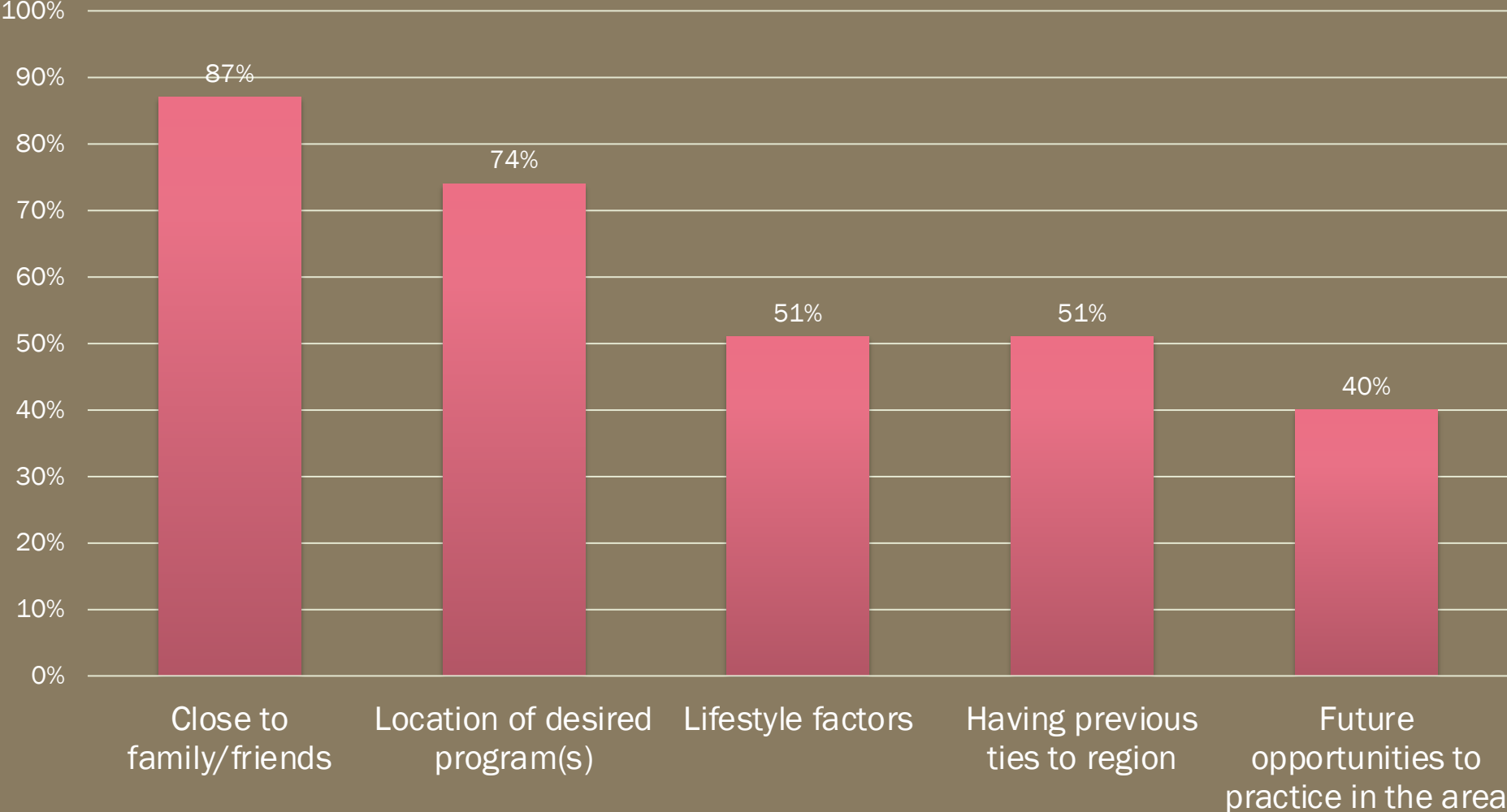
- **Geographic division preference**

- *Select up to three geographic divisions (IM)*
- *Indicate no preference*
- *Opportunity to explain*

- **Setting preference**

- *Indicate a degree of preferences for an urban or rural setting*
 - *Urban, urban/suburban, suburban, suburban/rural, rural*
- *Indication no preference*
- *Opportunity to explain*

What factors did applicants consider when indicating their geographic preferences in 2023?



2023 Applicant Survey: If you selected a geographic preference(s), what factors did you consider when making your selection(s)? (Select all that apply) n=2,840 respondents; factors with ≥40% of respondents selecting an option. (n)

MyERAS for the 2024 Cycle

Residency Applicants

Updated Experiences

New Geographic Info

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Program Signaling

No further supplemental application

- **7 program signals for IM programs per students**
 - Signals should be sent to programs students are genuinely interested in and candidates for
 - Mix of safety, target and reach programs
- Signal their home program if they are interested
 - **ie BU students should signal BMC, if BMC is a preferred institution for residency**
 - Signal any programs they did AWAY rotations at. Both of these are changes from this past year.

Dept of Medicine Letter

Steps to take: Due end of August (date TBD)

- Draft of 3 Meaningful experiences (Due at dept meeting with Sonia Ananthakrishnan)
- Personal statement (workshop thru Student Affairs will happen in July/August)
- Draft of ERAS
- Medical school transcript (updated with grades from all rotations up to August 2023)
- List of Medicine based rotations that you will have completed as of Block 12 in 2023 (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).*
- Name of your IM Medicine Field Specific Advisor and SAO dean

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”*



THANK YOU!