AAMC Tools for a Successful Residency Application

Wednesday, July 15, 2020

Careers in Medicine®

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Sr. Learning & Development Specialist
Introduction to Careers in Medicine®

What is CiM and why is it important?

Careers in Medicine for Advisors and Liaisons

Resources and support to

- Implement career planning programs
- Utilize CiM Career Planning Model in advising
- Improve advising services and skills
Careers in Medicine for Medical Students

Information, data, tools, and advice to
Identify careers goals
Explore specialty & practice options
Choose a specialty
Select & apply to residency programs

The 4-Phase Career Planning Model
Careers in Medicine Career Planning Model (New Website)

The New Careers in Medicine Website

Choosing a medical specialty is one of the most significant decisions you’ll make. We can help.

1. Understand Yourself
   Self-exploration is essential to a satisfying specialty choice

2. Explore Options
   Knowing about all career options that exist ensures well-informed decisions

3. Choose Your Specialty
   Making a career choice that makes you happy is harder than you think

4. Prepare for Residency
   Much is involved in the transition from applying to arriving at residency

aamc.org/cim
FIRST Resources for Residency Application

FIRST Fact Sheets
FIRST Quick Clip
Video: Application Costs
Video: Interviewing Costs

Diminishing Returns

Bobby Naemi
Manager, Admissions and Selection

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Annual Data Released to Help Apply Smart for Residency

Since 2017, AAMC has published new annual data to help applicants anchor initial thinking about the number of residency programs to apply to

https://students-residents.aamc.org/applying-residency/filteredresult/apply-smart-data-consider-when-applying-residency/

AAMC research has shown that there is a point of "diminishing returns" (PDR) at which submitting one additional application results in a lower rate of return on the applicant’s likelihood of entering a residency program

PDR varies by specialty, USMLE Step 1 score, and applicant type

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1. Number of applicants = 13,807; this analysis included U.S.-MD applicants only
2. The point of diminishing returns is the point at which the value added by submitting one additional application is reduced relative to the value added by each application before reaching the point of diminishing returns. The addition of one application beyond this point results in a lower rate of return on an applicant’s likelihood of entering a residency program.
3. The point of diminishing returns is an estimate and is not perfectly precise. Therefore, confidence bands around the point of diminishing returns are provided. The lower and upper bounds of each confidence band are shown (a) below the point of diminishing returns in the circle and (b) by the shading around the vertical lines. The width of the confidence band describes the precision of the estimate, with wider bands indicating less precision.


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Yearly Data Additions

AAMC has published PDR data for 18 MD specialties and 8 DO specialties, as well as, overall entrance rates for 19 specialties across applicant types.

In 2017 and 2018, only data on US-MD applicants was available.

In 2019, AAMC added data on entrance rates (when available, PDR) for 3 other applicant types: DOs, non-US IMGs, and US-IMGs.

In 2020, AAMC expanded entrance rate data to include:
- whether applicants enter training in other specialties
- the most common specialties where applicants enter training
- entrance rates for those who fail the USMLE Step 1 Exam on first attempt

Specialty Entrance Rates

<table>
<thead>
<tr>
<th>Step 1 Exam score result</th>
<th>Pediatrics applicants (total number = 14,334)</th>
<th>Entered training in Pediatrics</th>
<th>Entered training in another specialty</th>
<th>No record of entering training</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>N</td>
<td>%</td>
<td>N</td>
</tr>
<tr>
<td>Score ≤ 216</td>
<td>4,845</td>
<td>3,893</td>
<td>76%</td>
<td>606</td>
</tr>
<tr>
<td>Score 217-234</td>
<td>4,743</td>
<td>4,058</td>
<td>86%</td>
<td>489</td>
</tr>
<tr>
<td>Score ≥ 235</td>
<td>4,746</td>
<td>4,035</td>
<td>85%</td>
<td>572</td>
</tr>
<tr>
<td>Failed Step 1 on first attempt**</td>
<td>781</td>
<td>429</td>
<td>55%</td>
<td>142</td>
</tr>
</tbody>
</table>

*Outside of Pediatrics training programs, the most common specialties where Pediatrics applicants entered training were Internal Medicine, Pediatrics, Internal Medicine, and Family Medicine. The most common specialties are only reported where 10 or more applicants entered training.

**Applicants who received a passing score on a subsequent attempt are reflected — with that subsequent score — in the terciles above.

Note: if the number of applicants was less than 10, the number and percentage are replaced with a double dash (—). N = number of applicants; % = percentage of tercile total, where the tercile represents a range of Step 1 scores within that specialty (or percentage of those who failed Step 1 on their first attempt). Percentages may not add up to 100% due to rounding.
New Data Findings

For 12 of the 16 specialties where data is available, a majority of U.S. MD applicants who fail the USMLE Step 1 exam on the first attempt still go on to a residency.

AAMC Executive Director of Research and Action Institute Atul Grover helps further introduce and contextualize this new data in a new AAMC News Insights Article https://www.aamc.org/news-insights/no-step-1-failure-won-t-doom-your-medical-career

Residency Explorer

Angelique Johnson
Senior Director, Integrated Learner Services
What the Research Told Us…

The information to which students have access is fractured, incomplete, and unreliable and does not help them make timely decisions.

Students feel a lack of control over the outcome of the process, delaying and complicating decision-making.

Students would value tools and resources that help them make confident decisions.
Survey says…

- 9 out of 10 users said:
  - Residency Explorer is easy to use.
  - They would recommend Residency Explorer to a close friend who is applying to residency programs.
  - Residency Explorer was useful in gauging how they compared to matched applicants at a program.
  - They felt more confident about which programs they are applying to.
  - They felt more informed about characteristics of programs that are of interest to them.

Residency Explorer - 2020

- The feedback helped us to:
  - Add 12 new specialties
  - Provide more current data in the system
  - Include more robust program characteristics
  - Allow more flexibility for programs to update their data (where applicable)
Residency Explorer – Specialties

Which specialty would you like to explore?

Please select a specialty to continue.

- Anesthesiology
- Cardiology
- Dermatology
- Emergency Medicine
- Family Medicine
- Internal Medicine - Categorical Track
- Internal Medicine - Preliminary Track
- Internal Medicine/Pediatrics
- Interventional Radiology - Integrated
- Neurological Surgery
- Neurology
- Obstetrics and Gynecology
- Orthopedic Surgery
- Otolaryngology - Head and Neck Surgery
- Pathology-Anatomic and Clinical
- Pediatrics
- Physical Medicine and Rehabilitation
- Plastic Surgery - Integrated
- Psychiatry
- Radiation Oncology
- Radiology - Diagnostic
- Surgery-General - Categorical Track
- Surgery-General - Preliminary Track
- Thoracic Surgery - Integrated
- Transitional Year

Quick Facts

- Complete the profile
- Explore programs across **23 specialties** (1 specialty at a time)
- Compare yourself to **previously matched applicants**
- View robust **program characteristics across 10 areas**: Program Quick Facts, Application & Match Trends, How Your Profile Compares to Matched Applicants, Applicant Information, Resident Salary & Benefits, Resident Practice & Educational Environment, Educational & Research Opportunities, Resident Demographics & Background, Resident Medical School Background, and Resident Career Plans
- Download a compare spreadsheet of programs within a specialty
What Residency Explorer Isn’t/Doesn’t Do

• Is **NOT** a prediction tool
• Does **NOT** tell students which programs to apply to
• Does **NOT** filter out programs from the student’s view
• Does **NOT** take the place of advisors and mentors

Experience to date

<table>
<thead>
<tr>
<th>Residency applicants invited</th>
<th>Unique users</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>27,400</strong></td>
<td><strong>11,827</strong></td>
</tr>
</tbody>
</table>

Users by applicant type

- USMD: 8712 (57%)
- FMG: 1424 (16%)
- USDO: 1288 (15%)
- USIMG: 1077 (12%)
Feedback & Support

While using the tool, if you have feedback you’d like to share, click on the “Feedback” button at the top of the screen.

If you require assistance, please click on “Help” and complete the contact form.
Electronic Residency Application Service (ERAS®)

Richard Peng
ERAS Training Senior Specialist

ERAS Application Process

Designated Deans Offices (DDO) issue tokens to prospective Applicants

Applicants register their tokens to gain access to the MyERAS Application

Applicants gather supporting documents

Applicants apply to Programs

Matching Event

Applicants match to Programs
ERAS Documents

MyERAS application and documents must be sent through ERAS.

2021 Residency Timeline

Sept 1
Applicants may begin submitting applications to residency programs

Oct 21
Residency programs may begin reviewing applications

Oct 21
MSPE’s will be released to residency programs

Mar 19
NRMP® Residency Match Day

May 31
ERAS 2021 Season Closes
Virtual Interviews

Amy Addams
Director, Student Affairs Alignment and Holistic Review

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Preparing for the interview

- Gather as much information about the interview as possible
- Review your CV and make a list of experiences that exemplify your skills, knowledge, and abilities
- Practice describing your experiences and participate in mock interviews

Setting up for the interview

- Identify a quiet, well-lit environment free of distractions in which to conduct your interviews
- Test your technology set-up
- Practice using the device(s) you’ll use during the interview
- Create a back-up plan
- Dress professionally and present yourself as you would during an in-person interview
Completing the interview

- Whenever possible, focus on providing detailed examples of behavior rather than generalities.
- One strong example is usually better than multiple weak, tangential, or overly broad answers.
- Use clinical and non-clinical examples as appropriate and relevant.
- Demonstrate professionalism:
  - Do not provide any identifying patient information.
  - Do not provide identifying information about peers or colleagues if sharing a negative example.

Responding to questions: STAR Model

- **Situation/Task**: What was/is the task, issue, or problem? What led up to the situation? Who was/should be involved?
- **Actions**: What did/would you do to address the situation? What did/would you consider when deciding on a course of action?
- **Results**: What were the results or consequences of the actions taken/What do you expect the results to be?
Assessing program culture

- Take full advantage of opportunities to interact with the program – virtual networking events, social media, virtual tours,
- Tap into your school’s alumni network to connect with graduates who matched to programs in which you’re interested.

AAMC virtual interview resources

Applicants
- Preparation Guide for Applicants Participating in Virtual Interviews (PDF)
- Prep for Success in Your Virtual Interview: Video, PDF

Programs
- Best Practices for Conducting Residency Program Interviews (PDF)
- Virtual Interview Tips for Program Directors (PDF)
- Virtual Interview Tips for Interviewers (PDF)

Questions?

Careers in Medicine: careersinmedicine@aamc.org 202-862-6010

Diminishing Returns: bnaemi@aamc.org

Residency Explorer: https://students-residents.aamc.org/applying-residency/article/residency-explorer-contact-form/

ERAS: aamc.org/contact-eras 202-862-6264

Virtual Interviews: residencyinterview@aamc.org

This webinar is being recorded and will be shared with applicants.