

Categorical Pediatrics, Residency Application Cycle

Goals for May 15th

1. Letters of Recommendation: Start to ask for letters of recommendation. They won't submit it at this time but get them thinking about what they will write for you. Let them know that you'll send a formal request through ERAS around July. Ask them what they need from you (CV, personal statement, etc.) Ask for more letters than you will need because invariably someone might be a slacker and be hard to pin down for a letter. Inpatient letters are generally preferred to outpatient letters. Not all of your letters must be from pediatricians but I went the route of only pediatric letters. Some programs will require a chairman's letter although not all of them will. It's best to knock this out asap because your school may require forms and etc. in order to schedule your time to meet with the chairman.

LOR #1: Inpatient attending from pediatrics clerkship

Attending Name:

Letter Status: Not Yet Asked / Asked / Submitted

LOR #2: Inpatient attending from pediatrics sub-I at home institution

Attending Name:

Letter Status: Not Yet Asked / Asked / Submitted

LOR #3: Outpatient attending from pediatrics clerkship

Attending Name:

Letter Status: Not Yet Asked / Asked / Submitted

LOR #4: Attending from pediatrics elective

Attending Name:

Letter Status: Not Yet Asked / Asked / Submitted

LOR #5: Chairman's Letter

Attending Name:

Letter Status: Not Yet Asked / Asked / Submitted

4. Update your CV: Make sure your CV is up-to-date. Include high school information only if it was of extreme importance. I included that I ran a magazine all four years of

college. That was the only aspect I included. It's worth investing time in formatting. Your CV will be a good jumping off point for your description of extracurriculars on ERAS. There's a good chance your letter writer will wanna see this.

Goals for July 15th

1. Standardized Examinations: Although it is not required to have Step 2 CS or CK submitted by the time you submit ERAS, doing well on both of them can only help in regard to receiving invites. If you are worried about a low-ish USMLE 1, definitely take USMLE 2 CK prior to ERAS. The latest you would want to take this examination is in July so that the score is back prior to ERAS submission. That way, schools have your score at the same time they have your application. It just makes your life easier.

USMLE 1:

USMLE 2 CK:

USMLE 2 CS:

2. Away Rotations: It is certainly not required to go on an away rotation however, it's definitely useful to see how residency works at a system outside of your home institution. Inpatient away rotations are definitely more time-intensive. If you want your away experience to be more of a vacation, outpatient away rotations are probably the way to go. By **April 30th** you should know:

Do I want to go on an away?: Y or N

Why do I want to go on an away: 1.

2.

3.

The answers to those questions can inform 1) whether you will go on an away and 2) to which institutions you will apply and 3) whether you will shoot for outpatient or inpatient away rotations.

My advice: figure out what time of the year you want to perform your away. I wanted to knock out my away before September so I could have a recommendation letter sent along with ERAS. This isn't required but I do not recommend an away rotation during prime interview season. **September should be the very last month you consider an away.**

Apply to as many electives of interest to you in that time period at each institution of interest. I applied to perhaps 4-6 electives at each of the 8 institutions that interested me.

Away Preference: Outpatient or Inpatient

Be certain to track your away offers and status. It's okay to accept all of your offers at the jump and cancel once you decide what you can financially manage. Be sure to cancel at least 5 weeks prior to the start.

Program Name - Current Application Status (Spot Offered / Spot Not Offered)

3. Personal Statement: Write at least your first draft of your personal statement. Let your mentors and friends (preferably friends outside of medicine) take a look and provide commentary.

4. Create your List of Institutions: This is a very personal process. I started off by going through every school on FRIEDA and making a list of any school I was marginally interested in or cities I would not mind living in. My list was 50. I talked to my clerkship director and program director and asked for their input of residency programs that tend to students from my home institution / programs where they know the program director. My list sky-rocketed to 60. I asked residents for their advice given what they saw on the interview trail. My list started to shrink.

I created a list of 25. I don't recommend making a list more than 40 for pediatrics. It's not worth the money. And if you make a smart list, you'll be fine.

A smart list should include: schools in the area you are geographically from, schools in the area where you are in medical school, schools with an average USMLE 1 lower than your score, and schools that have taken students from your home institution.

On your away, try to obtain a letter if you think there is an attending at the institution who can write a strong letter for you.

- Decide:**
1. Academic versus Community
 2. Small Residency Program versus Large Residency Program
 3. High-Volume Center versus Low-Volume Center
 4. Free-Standing Children's Hospital versus Not Free-Standing

That can help you start to create your list.

Let's start off with a **list of 50 programs**.

Programs with a Geographical Tie 1.	Programs in the Same Geographical Area as a my Home Institution 1.
Programs with an average USMLE 1 Lower or On Par with my USMLE 1 1.	Programs with a Relationship with my Home Institution 1.
Favorite Program: ...	Schools I Consider a Reach 1.

6. **Create ERAS account:** start to fill out the personal information.

Goals for August 15th

1. **Personal Statement:** Make your way to a second draft. Shoot for a statement that is no longer than 1.5 pages.

2. **Activities:** Start filling in the activities portion of ERAS. Things to keep in mind:

1. Start Date
2. End Date (if applicable)
3. Description of the Activity
4. Hours Per Week

Start date and hours per week are largely estimates. Some of my peers did not include hours per week. Some of my peers did. I did include hours per week. The most important part of this is to describe your activities succinctly and eloquently. It's more important to include activities that were important to you rather than random things to "bolster" the application.

1. **Activity Name**, Role: Description

This is easily the most time-consuming portion of the application.

3. **Refine School List:** With input from your advisors, make an effort to refine your school list.

What are three aspects you need to have in your residency program?:

- 1.
- 2.
- 3.

What are three aspects you would like to have in your residency program?:

- 1.
- 2.
- 3.

Are you interested in a specific training track or categorical? Categorical / Global Health / Advocacy

If there is a program on your preliminary list that you truly think you would be unhappy to train at - remove it from your list.