

Residency Director Panel: Candid Advice for Prospective Residents

Speakers:

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How to secure a residency program that is right for YOU



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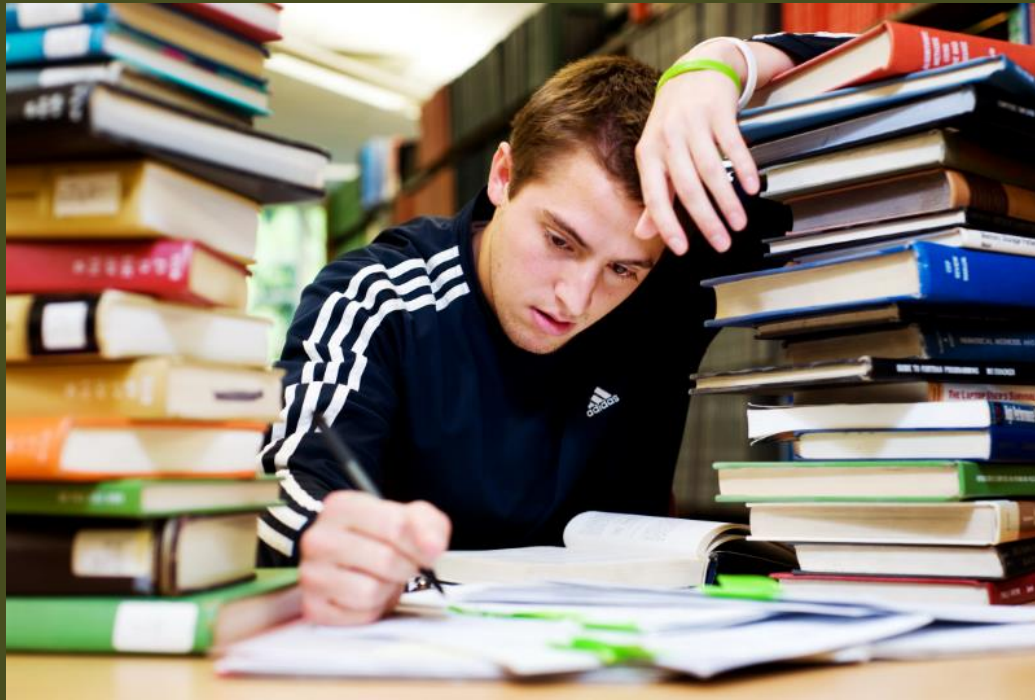
Poll Question #1:

Who are you?

- 1st or 2nd year student
- 3rd year student
- 4th year student
- Resident
- Other



Time flies when you're
having fun as a student...



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Pre-requisites to apply for a residency:

- Pass Part I and Part II APMLE
- GPA
- Class rank
- Reference letters
- Extra-curricular activities
- CV – draft one now... and update monthly!
- Personal statement – draft one now and update annually



Focus on your grades!

- Minimum GPA
- Minimum Class Rank

....but grades are not everything



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Reference Letters ...

Make connections

- Faculty
- Upper classmates
- Community DPM's
- Community



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Be active in school...

Volunteer

- Clubs
- Religious place of worship
- Homeless shelter
- Research
- Local hospitals



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CV and Personal Statement

- Curriculum Vitae-
 - Start a rough draft today
 - Keep an updated list of experiences/projects
 - Reformat when you need to submit
- Personal Statement
 - Start a rough draft today
 - Review it annually and edit as needed
 - Tips on what to include...
 - Have it ready for submission as part of your AACPM application



HOW TO SUCCEED IN YOUR EXTERNSHIP



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Poll Question #2:

What is the best month to do your externship?

- January
- April
- July
- December
- Other



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4th year Externship:

- Must consider it pre-career training
- The foundation of your career
- It is up to YOU on how to build the foundation (self-motivation)



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4th year Externship Tips:

Before going to the location, contact Chief Resident

- Show up on time
- Show excitement for being there
- Be kind (to everyone!)
- Work hard
- Leave something behind to be remembered by



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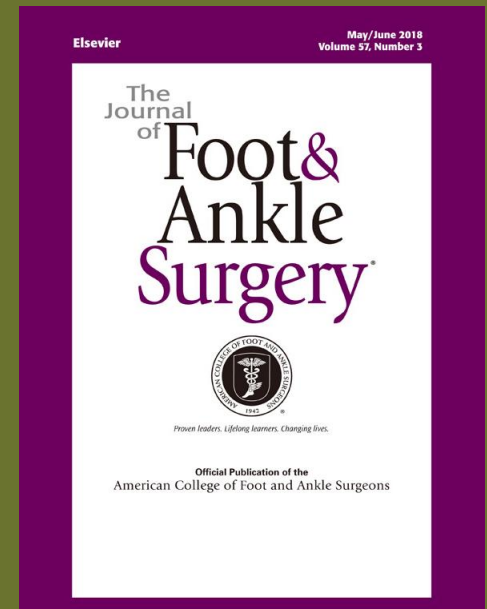
4th year Externship Tips:

- Active participation in patient care and ask questions
 - Indication for treatment?
 - Treatment/procedure selection?
 - Failure of treatment?
 - Unhappy patients



Read Journals

- JFAS
- J Bone & Joint Surgery Am & Br
- Foot and Ankle International
- Wound Care Journals
- Plastic and Reconstructive Surgery
- Journal of Orthopaedic Trauma
- Etc.

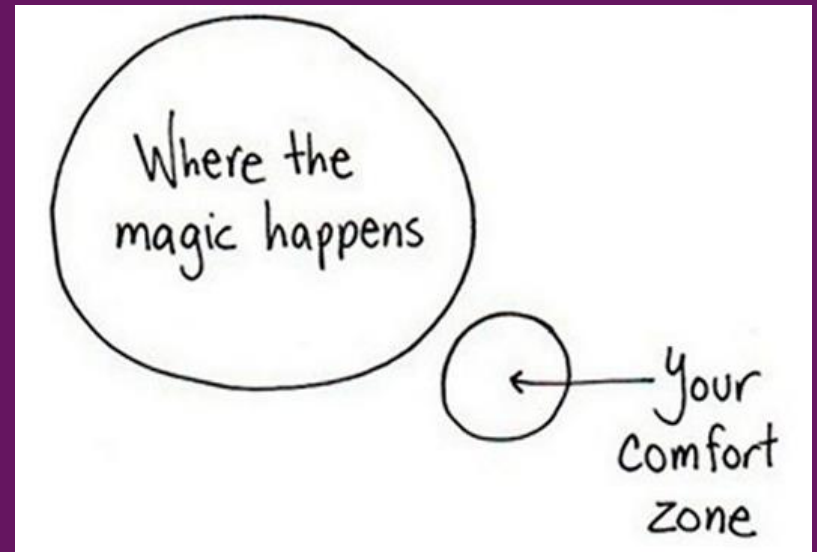


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Getting the most:

Challenge yourself daily



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HOW TO SELECT A RESIDENCY PROGRAM



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Poll Question #3:

How does the match process work?

- The process gives the programs an advantage.
- The process gives students an advantage.
- You should only rank programs that contact you.
- You have no chance of getting a residency of your choice after the first round.



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How to choose a program:

- Find a program that has YOUR philosophy of learning
- All programs have positive attributes: find the program that “matches” your personality



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Compare and Contrast

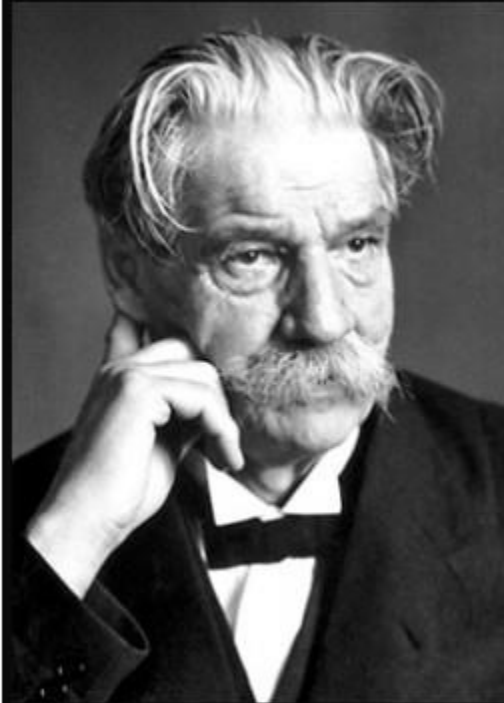
- Make lists of the pros and cons of the program
- Is the mix of academics/workshops/types of cases something that works for you?
- Family and location factors in too



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Key to success



Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

(Albert Schweitzer)

izquotes.com



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Best wishes to our future
surgical colleagues

**The College is here to
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