


## Let's Play Roulette: *Optimizing your Chances for the Residency of your Choice*

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1

## Presenter Disclosures

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2

## Presenter Disclosures, cont.

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ACFAS PGA COVID-19 Task Force 2020-21




3

## Audience Poll

**What year are you?**

- a. MS-1
- b. MS-2
- c. MS-3
- d. MS-4
- e. Other




4

## Audience Poll

**How do you feel the Covid-year affected your  
ability to pursue your residency of choice?**

- a. Not at all
- b. A little
- c. Somewhat
- d. Significantly



5

## The Road to Residency



- Ranking
- Interviews
- Externships
- Program Selection
- CASPR Application Process



6

### The CASPR Application

- Headshots
  - Make it professional
  - Free at ACFAS!
- Grades, extra-curriculars, research, volunteering.. *oh my!*
- Personal Statement
  - Keep it succinct, yet meaningful
  - Proof read, proof read, PROOF READ.. please.

Is there a 'best' month to extern? ?

What do you look for in a personal statement?

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### The CASPR Application, cont.

- Curriculum Vitae
  - Keep it succinct.
  - Have someone else - non-med student, family member - review and give you an impression.
- Letters of Recommendation
  - Find someone who *knows* you.

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What aspect of the application is most interesting for you to review?

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### Academics & Research

- ACFAS Classic Article List
- JFAS
- FASTRAC
- ACFAS Literature Reviews
- J Bone & Joint Surgery
- Foot and Ankle International
- Journal of Orthopaedic Trauma
- Clinics Journal
- *Vumedi* (online)
- *AO Surgery Reference* (online)
- *Orthobullets* (online) ...many more

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There is so much research & resources available: **How to best prepare?**

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9

### Externship Tips

- Monthly interviews
- Show interest, enthusiasm, and punctuality
  - **Always ask first!** i.e. seeing patients, gown/gloves, etc.
- Be teachable
- Be kind to everyone! (i.e., M.A. 20+ years with an Attending)
- Personalized 'thank-you' messages
- Be yourself

*Think: If **you** were Chief or Director, what would you look for?*

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So, how do I stand out?

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10

### Residency Interviews

**Before**

- Reach out to the programs you are interested in
- Know peoples' names
- Review your favorite cases from respective programs

**During**

- Academic interviews are expected...but what about the social aspects?
  - What was one of your favorite cases/patients you saw and why?
  - What would make you a good fit for our program?
  - Turn weaknesses into strengths.
- Be direct \*\*

**After**

- Reach out via e-mail and/or text \*\*

**\*\* BUT - always contact a resident first!**

Thought about students saying your program is their "#1" vs. "highly ranked"...? ?

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### Externships, Applications, Interviews Done...

- **You've been through a rigorous process.**
- Take this week to reflect - *do something you love or enjoy..* Perhaps plan that vacation for after the match/graduation.
- Collect your thoughts.
- Which type(s) of things are you interested in residency? Sports Medicine, Surgery, Limb Salvage, etc..?

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12

### Ranking

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- Rank your #1 as #1..  
your #2 as #2...
- Beware of rumors – do not let them affect your rankings.
- Consider personal factors, i.e., family, interests, etc.
- Where do you want to *live*?
- Don't overthink this.**

What is the number one rumor you hear?

13

### How to Maximize Your Time in Residency

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- Read, read, read
- Prepare for cases ahead of time
- Ask questions
- Every opportunity is one for learning
- Find your stride with research

How do some of your most successful residents maximize their residency?

14

### Panelists:

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*Conducting research while in residency:  
Does it augment your educational experience?*

15

### Panelists:

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*If you **could** go back and give yourself  
one piece of advice, what would it be?*

16

### ACFAS: Here to support YOU now and beyond!

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- ACFAS Updates
- CASPR/CRIP updates
- FASTRAC **\*new**

**\*Your first year of ACFAS membership is free as a resident!\***

**What about PGY-2&3?**  
YES! Membership = direct access to Journals, resources & discounts to workshops & meetings!

17

### Audience Poll

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Do you feel this webinar will help you land the residency of your choice?

- Yes!
- Maybe
- Unsure

18

**Audience:**

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**Open Forum:**  
***Ask Your Questions!***



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19

**Thank You!**

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Feel free to e-mail me with any questions:

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20