

# PREPARING FOR PEDIATRICS RESIDENCY TRAINING

Department of Pediatrics

University of North Carolina at Chapel Hill

## **Overall Perspective on Pediatrics Training**

- You will be able to match somewhere if you list enough programs
- Significant variability in “competitiveness” of individual programs
- Prediction of who could match where is difficult
  - programs rank using different priorities

## **Considering Where to Apply**

Use FREIDA to choose programs for applications

<http://www.ama-assn.org/ama/pub/category/2997.html>

- Start with geography
  - Size
  - Reputation
  - Academic or community setting?
  - Children’s hospital or not?
  - Presence of fellows
  - Board pass rates
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- Programs do not want to match applicants who are not committed to a given field
    - Be careful with your ERAS letters

## **Personal Statement**

- Statement of one page or less that clarifies why the student is choosing pediatrics
  - Sincere, individualized
  - Why pediatrics suits your talents
  - Gives the interviewer something to talk about
- Everyone entering pediatrics loves children – be sure it says more than that
- Choose safe over bold
- Assure that there are no spelling or grammatical errors
- Don’t try to be too unique
- Be sure to get others to read it before its finalized to ERAS
- Don’t hurt your application with your personal statement

## **Interviews**

- Schedule as early as you are invited
  - Season is November - February
  - Try to group geographically

- Be very, very nice to coordinators
- Go to all the socials
  - Remember -they are part of the interview

### **The Interview Day**

- Remember *the whole visit* is a job interview
- Meet as many people as possible
- Be yourself, but on your best behavior
- This is not the time to complain
- Be professional at all times
- Have questions prepared to ask, and ask multiple people

### **The Faculty Interview**

- Show your enthusiasm for learning and patient care
- Show respect for research, opportunities in primary care, subspecialties, etc. regardless of your own interests
- They should have read your application
  - Remember what you wrote
- Be prepared to ask good questions (not the details about call schedules, maternity leave, etc.)

### **Follow Up After Interview Day**

- Send thank you notes routinely, but don't go overboard
- It's ok to tell your top choice you love them
  - It is NOT required
  - Always be honest
  - "Near the top of my list" doesn't mean anything to programs
  - Complete whatever communication you intend before mid-February
- Don't expect follow up communications from the programs to you
  - No news is NOT bad news

### **How Programs Rank**

- **Highly variable and hard to predict**
- Interview
- Clinical performance – academic (based on grades, dean's letter)
- USMLE scores, step 2 > step 1
- Dean's letter, class rank
- Letters of Recommendation
- Preclinical performance (based on grades, dean's letter)
- Medical School reputation
- Extracurricular experience (leadership, service)
- Research experience

### **How to Rank Programs**

- Geography

- Feel
- Resident satisfaction, friendliness, support
- Breadth of experiences offered, patient population
- Affiliated sites
- Strength of faculty
- Resident responsibility
- Fellowship opportunities
- Board pass rate
- Stability

**How Many to Rank**

- Generally US grads entering peds rank 8-12 programs
- Rank anywhere you interviewed that you would rather be an intern than jobless