

Residency Application Guide

Overview





How many programs should I apply to?

- The number of programs depends on:
 - Your academic and personal achievements
 - The field to which you are applying
 - The level of competition (some programs vary year-to-year)

- To ensure a successful match, it is recommended:
 - To have a parallel plan (especially when applying to competitive specialties)
 - To be safe apply broadly, across the country

- YOUR FIRST MATCH IS YOUR BEST MATCH**
 - The increasing number of unmatched students nationally will make it harder for prior year graduates to ever match to residency.



Parallel Plan Applications

- Ideally one of your plans includes a program with plentiful positions or is not considered overly competitive
- Explain your elective choices in your personal letter if you are concerned one plan may negatively affect the other....

"This student looks like they want plastics vs general surgery"

- ... And did we mention: **YOUR FIRST MATCH IS YOUR BEST MATCH**, going without parallel plan is very risky, unless you are applying to FM.
- ...What is this I hear about doing a 5th "research year" if I don't match to ophtho?



Residency Application Documents

There are various supplemental documents required with your CaRMS application:

1. Curriculum Vitae
2. Personal Letters
3. Reference letters
4. Photograph
5. Canadian citizenship documents
6. Examinations and assessments (some are directly from the source, others are provided by you – see www.carms.ca for a list)
7. Medical School Transcript – **Students must request their transcript from Beartracks and the RO will mail official transcript to students. Students can then upload to CaRMS.**
8. Medical Student Performance Record (MSPR / Dean's letter)

Academic performance: Transcript information, electives, comments from rotations/electives activities and awards during medical school.

Mandatory meeting to ensure accuracy with the MD Program prior to CARMS.