From Medical School to Residency

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From Medical School to Residency

How to Compete Successfully
in the Residency Match Program

With 57 Illustrations

Springer

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Preface

Medical graduates seeking training in the United States get their residency assignment through a matching process managed by the National Residency Matching Program (NRMP). The process is intimidating for most; traumatic for some. However, there are tips that can make the task easier and increase the likelihood of success. Many of these tips are known to those of us who advise students or are involved in the resident selection process, but this only helps if students have access to a good advisor, and not everyone does. This text is designed to fill that need for the student without access and to supplement the advice received for those who do.

No text can provide final answers to questions that are inherently subjective—only you, the student, can pose and answer those questions. The intent of this text is to help you frame those questions, develop strategies to assess them, and, finally, feel comfortable with your final decision. This book provides a glimpse into what residencies look for, how to choose the right program for yourself, and the sequence of tasks you must accomplish to navigate the process. It is easy to believe that everyone else is better, faster, bigger, and after exactly the spot you want. This book gives you the tools you need to ensure that you can be anybody's match.

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