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Ms. Jessica McCann • THUNDER BAY • ON

CARMS SURVIVAL TIPS

This session, intended for students, will provide strategies for surviving the CaRMS process including reference letters, personal letters, interviews, and ranking.

CaRMS Survival Tips

Jessica McCann

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Conflicts

- None!

Qualifications

- Again, none – except surviving CaRMS

Outline

- Pre-planning
- Electives
- Reference Letters
- Tedious tasks
- Online CaRMS application
- Personal statements
- Interviews

Pre-planning

- Keep your CV UTD!



- Write down memorable or useful events and encounters (more on this in interviews)



Electives

- Start early!
- Be annoying
- For family, be diverse
- Visit program/schools you're interested in

Reference Letters

- Online doesn't open until the fall
- Get more than you need (ask, ask, ask), assign strategically
- Keep your evals, make note of memorable cases/patients, picture

Tedious Tasks

- Transcripts, proof of citizenship, photo
 - Just get it over with



Online CaRMS Application

- The most tedious task of all...
- Achievements/Interests
 - Memberships, committees, interests outside of medicine, awards
- Education
- Electives

Experience

- Work
- Scholarly activities/research
- Observerships
- Volunteer
- Publications/presentations
 - Verifying link

Personal Statements

- Very, very important
- Follow their rules! (questions, word count)
- Sell yourself
- Personalize
- Edit, edit, edit (friends, family, mentors, career counsellors)

Interviews (logistics)

- Plan... as well as you can
- They're expensive (friends, family, travel buddies, deals help)
- DON'T check a bag
- You really only need 1 (ish) outfit
- Go to socials, open houses if you can
 - GO if you really want that program

Interviews

- Remember all those memorable encounters you've been saving?
- Difficult patients, workplace disagreements, memorable patients, CanMEDS
- PRACTICE! Out loud!

Rank

- Put what you want first!!!
- If it's on your list, you should be willing to go there
- To back-up or not to back-up... tough call

Wait



Match!



MY INFORMATION ▾ MY DOCUMENTS ▾ MY APPLICATION ▾ MY RESULTS ▾

MY RESULTS

2018 R-1 match - first iteration

Jessica McCann (SD736FN153)

We are pleased to inform you that you have been matched to:

University of British Columbia / Family Medicine / Rural Northwest / CMG Stream (A85027855 - 11)

Your matched program will contact you within 30 days.

Didn't match?

- Don't panic
- Connect your school, re-apply, etc.

Questions?