

TIMELINE—4 YEAR GRADUATE PROGRAM*/DIRECT ENTRY

The Road to Residency Training

May, 2019

The trek to full licensure is a difficult one for CSAs. Be informed. Plan ahead.

Disclaimer-This information has been put together based on personal experience of students and their advice. *is just a guiding document. Please do your own independent research. The information contained could change. Let us know if you can add additional information to help fellow students.*

***This document is based on the 4-year Graduate program. Direct entry programs may be 5, 6, or 7 years in duration. Direct Entry Students should look at year 1 in year 1. Adjust this timeline to the length of your program. In the grad program, years 3 and 4 are the clinical training years.**

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Year	Task	Timeframe or Deadline	Comments
Year 0	Know before you go.		See Guide to CSAs: A Guide from Those who have Experienced the Journey , by SOCASMA
Year 1	Develop a Roadmap from medical school to licensing. Big challenge is residency: Know what it takes to match; What will you be judged on?		<ul style="list-style-type: none"> -Getting a medical degree does not mean you can become licensed to be a physician. Getting a residency position is very competitive. -DO NOT assume you will match to a residency position in Canada. -Know what your options are for residency training: Canada, USA, country of education, and other. -Know the CaRMS eligibility rules and requirements in Canada? WARNING. These are slightly different for each province + they change from year to year. Diarize all application deadlines. -Familiarize yourself with American residency eligibility requirements. See usmle.org and nrmp.org. -Know what is in the residency applications so you can start building your application now: <ul style="list-style-type: none"> -CaRMS (Canada) Application headings -NRMP (USA) applications -Goal: You want to look as strong as possible in as many areas as possible. - Diarize all application deadlines. NOTE: More than twice as many CSAs match to the USA than to Canada. Most CSAs studying in Australia, stay in Australia for residency training.

Year 1	Marks matter.		<p>-Doors to residency training are opened and closed on the basis of your marks in medical school, the <i>MCCQE1</i>, the <i>NAC OSCE</i>, and the <i>USMLEs</i>.</p> <p>-Study hard, Study smart.</p> <p>-Buy your Canadian (Toronto Notes; Canada Q-Bank) and American (First Aid) now rather than later. Used will do. As you cover topics in school, review same subject in these texts. Highlight and note up differences. It is never too early to start studying. Develop a study plan for USMLE 1.</p> <p>-Learn to memorize. <u>Clinical Microbiology Made Ridiculously Simple</u> teaches study tricks which assist in memorization, a skill that is very useful and should be developed early.</p>
Year 1	Volunteer		<p>Best to do in early years. Last two years of medical school are hectic just trying to meet the requirements for Residency Matching.</p>
Year 1	Research and Publication		<p>-Publication is looked upon favourably in Match application.</p> <p>-If paper not published at time of application, can indicate it is submitted or in progress.</p> <p>-Typically, a project takes a minimum of 1.5-2 years to publish.</p> <p>-Suggestion: try to find a physician who is involved in research and assist them. This can be someone in your place of study or Canada or the USA.</p>
Year 1	Work towards determining what kind of medicine you want to practice		<p>-Knowing what kind of medicine, you want to practice influences how you build your application for the Match.</p> <p>-Think interest, employability, hours, lifestyle, family, salary, working conditions, etc.</p> <p>-Have a look at Specialty profile: https://www.cma.ca/En/Pages/specialty-profiles.aspx</p> <p>Try it out—Ask a physician where you are studying (or at home) if you can observe, help with research...</p> <p>Search out prospect of being employed when you complete training—See RCPSC publications (rcpsc.ca); go to provincial recruiting agency sites such as HealthForce Ontario, HealthMatch BC</p>

			<p>Search out residency opportunity for IMGs in each province—carms.ca Data and Reports; R-1 See tables 28, 43, 44, 52 and 54 as examples.</p> <p>Search out which American programs are CSA friendly and in what disciplines.</p>
Year 1	Plan your summers		<p>-Observerships. Not that helpful for your CaRMS application (clinical contact not allowed), but it will help in narrowing down your preferred area of practice. Check out local College and other requirements.</p> <p>-Employment. Helpful to get a job in the medical field where you can begin meeting physicians involved in residency training and networking.</p> <p>-Look for other opportunities to develop sections of your residency application.</p> <p>-Remember place of electives correlates to chances of matching.</p>
Year 1	Connect with CSAs in your school to exchange information to share the load.		<p>-There is a lot to learn and know. Learning from others and dividing up finding what you need to know, is vital to reducing stress and not being overwhelmed.</p> <p>-Join Socasma. Follow Socasma's Facebook. Website: socasma.com</p>
Year 1	Join the Medical student association at your school including the CSA chapter if there is one.		
Year 1	Join the Canadian Medical Association (CMA)		<p>It is free and can be put on your c.v. https://www.cma.ca/</p>
Year 1	Life Balance. Make time for fun.		<p>-You will need something enjoyable and relaxing to be the best you can be. Take time to build a stress release and friends. Take time to travel and have fun so your brain will be ready to work hard.</p> <p>-Your interests and past times say a lot about who you are as a person and is crucial to your residency</p>

			<p>application. What will you have to offer aside “I love to read and travel”?</p> <p>- If you are failing courses and struggling with exams, this will negatively impact your application into residency. If you are unhappy and do not find medical school interesting and fulfilling ask yourself now whether medicine is for you.</p>
Summer after Year 1	Work towards the goals established in your plan to build your application		<p>Apart from implementing the plans you made for your summer, making sure you understand the process and demands, take some time to recharge. You cannot be effective if you are burnt out. (So easy to say. 😊)</p>
Year 2	Keep building on all of the above.		
Year 2	USMLE 1	Usually taken in summer before last 2 years of clinical training. Start application 6 months prior to desired date.	<p>-Required for application for US residency. -Vital to have a study plan for USMLE 1. Recommended text is First Aid which is also good for preparing for Canadian exams. -Look up and know process. -Diarize application deadlines.</p>
Year 2	Electives	Usually taken in 3 rd year, summer between 3 rd and 4 th year and beginning of 4 th year to count for the Match.	<p>-<i>Electives</i> are CRITICAL. They are an important source of reference letters. -Look into requirements and application process and deadlines for electives in Canada and the US now. For instance, criminal record check, immunization, insurance, among other things must be considered. -Check with your school. Does it have a relationship with a North American medical school? -Medical schools in Canada <u>almost</u> always require core rotations in your place of study completed in order to take electives in Canada. Terms and when you can take the elective vary by school.</p> <p>-For official Canadian electives there is one central website- afmstudentportal.ca</p>

		<p>https://www.afmcstudentportal.ca/</p> <p>-For American electives, there is no central registry. Here is a starting point: http://electives.us/unilistims.html</p> <p>-Most US schools require USMLE Step 1 and 2 scores as a pre-requisite to electives.</p> <p>-Be aware of Visa requirements for taking electives in the US.</p> <p>-Some programs will not consider you if you have not done an elective in their program.</p> <p>-There is some opportunity for private electives if you can find a physician who is associated with the Faculty of Medicine who is prepared to take you on.</p> <p>-Research which programs have electives that will best further your goals:</p> <ol style="list-style-type: none"> which programs accept IMGs?; what is the match rate of IMGs for this program?; check with students from your school matched in the past and in which programs; if you want to be close to home during residency and perhaps have the option of living in Canada and working in the U.S. consider applying in North Eastern States and states close to the Canadian border.
Summer after year 2	Take the USMLE 1	<p>-Many CSAs take this exam at this time if they intend to compete in the US Match in their final year.</p> <p>-Do not dump out this information from your brain— you will need it for the MCCQE1.</p> <p>-A decision should be made balancing whether you can do well in the Canadian and American exams in a timeframe that allows you to compete in the year of graduation (as delay could negatively reflect on your application for residency) or whether it is necessary for you to delay the examinations and compete a year after graduation.</p>
Year 3	<i>Electives</i>	<p>-Apply and arrange. Don't forget insurance, College registration, transportation, and accommodation.</p> <p>-Take electives in 3rd year where possible.</p> <p>-In planning electives, keep in mind when you want/have to take North American examinations if you intend to compete in the Residency Match in your final year.</p>

			-If getting into residency in Canada is your priority, plan to do your electives in Canada before or early on in your 4th year so that they can be considered in time for your application into residency. Similarly, if your priority is to get into residency in the USA, arrange American electives.
Year 3	Apply for USMLE 2	Apply about 6 months before date of exam	Check usmle.org.
Year 3	USMLE 2 (CK and CS)	Usually taken summer between 3 rd and 4 th (final) year	Prepare. The First Aid series has a CK and CS edition. Do not overlook the flashcards.
Year 3	MCCQE1	Must be taken in July before 4 th (final) year or September of 4 th (final) year to compete in year of graduation. (Dates change so check mcc.ca)	-Prepare. See https://mcc.ca/ for timetable, application process, dates, deadlines, and preparatory material. -CSAs have recommended First Aid for Basic Science Steps 1 and 2 (CK and CS) plus Canada Q-Bank. - <i>Can-Med roles</i> will be tested for. -Don't forget to study pharmacology with some names being different in Canada than elsewhere. -This is an exam intended to demonstrate that you have the knowledge of a Canadian school graduate so studying and scoring well is vital.
Summer/Sept. Year 3/4	NAC OSCE	Must be taken by September of 4 th (final) year at latest to compete in year of graduation. (Dates change so check mcc.ca)	Must be taken in Canada. See provinces and date selections. See https://mcc.ca/ for timetables, application process, deadlines, and other information

Summer/Sept. Year 3/Year 4	Take USMLE Step 2 (CK and CS)		Consider buying life insurance and disability* insurance as your debt load increases (*Zavitz Insurance is one of the few options available to CSAs)
Summer/Sept Year 3/Year 4	MCCQE1	Must be taken by September of 4 th (final) year at latest to compete in year of graduation. (Dates change so check mcc.ca)	
	<i>Electives</i>		
Year 4	NRMP application	Check deadline which is usually in September	Prepare. This is a lot of work. Requires a lot of thought and re-writes. Personal Statement needs to make you stand out. Review for typos, grammar, etc. Some programs discard on basis of typos. http://www.nrmp.org/applying-interviewing-residency-programs/ https://www.aamc.org/services/eras/ Call program directors or administrators where you most want to match in order to indicate your interest.
Year 4	CaRMS application	Check deadline. Usually opens in September, closes beginning of November.	<i>Carms.ca</i> Prepare. This is a lot of work. Requires a lot of thought and re-writes. Personal Statement needs to make you stand out. Review for typos, grammar, etc.
Year 4	Other application		If you decided to apply for residency in the country of your medical school, prepare the application as recommended/required by your school.
Year 4	NRMP Interviews		Can begin as early as October. Applicants generally notified. Call and enquire as this can draw your application out of the pile. If offered an interview, respond asap. Some schools send out more interview invitations than they have interview slots and fill on a first come, first serve basis.

			Prepare for interviews.
Year 4	CaRMS Interviews		Usually January to February. Prepare for <i>Interviews</i> .
	Ranking	Check the deadlines	
Year 4	CaRMS Match Day	Usually beginning of March.	Check <i>carms.ca</i>
Year 4	NRMP Match Day	Usually mid-May	Check <i>nrmp.org</i>
Year 4	Apply for Statement of Need as part of process to get American visa		Apply for Statement of Need with Health Canada. See ECFMG website for requirements to have degree verified and visa issued
Year 4	NRMP Scramble		Check for positions which went unfilled and apply
Year 4	CaRMS second iteration		Check <i>carms.ca</i>
Year 4	Final Exams		
Year 4	Graduation!!		
Year 5			<p>-If you did not match in your final year, if you are studying in the United Kingdom, consider going into the UK F1 and F2 programs.</p> <p>-Continuing clinical experience is important. Look for employment in the medical field including research.</p> <p>-If you cannot find employment consider volunteering or working as a clinical trainee.</p> <p>-Look at all other options to enhance your application for next year.</p> <p>If you plan to apply again next year, make sure you continue learning and gaining experience in the meantime. You may also want to consider the following program: https://meds.queensu.ca/academics/medical_sciences</p> <p>If applying again is not an option, contact Health Force Ontario (or other similar government program in your province) for guidance and opportunities that do not require residency training (i.e. research position, health device and insurance industry, pharmaceutical industry, government health policy and administration, etc.)</p>

