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# The Successful Match 2017: Rules For Success In The Residency Match



## Synopsis

Over 42,000 applicants registered for the 2016 NRMP Match, making it the largest Match on record. Competition is intense, and some applicants are unsuccessful. In competitive fields such as general surgery, dermatology, plastic surgery, and orthopedic surgery, over 25% of U.S. senior allopathic applicants failed to match. The numbers are significantly worse for osteopathic and international medical graduates (IMGs). As an applicant, your goal is to match into your preferred specialty, and ideally your preferred program. The evidence indicates that it has never been more difficult to reach these goals. Over a decade ago, in response to an anticipated physician manpower shortage, allopathic and osteopathic medical schools increased student enrollment. New schools were also established. However, the number of residency positions has not risen at a commensurate level. As more and more graduates have entered the Match, the competition for available residency positions has intensified. What does it take to match successfully in such a fiercely competitive environment? The first edition of this book was published in 2009, and while the core strategies for a successful match remain the same, some important changes have occurred. The most relevant is that the competition is more intense. This has translated to applicants applying more widely and extensively than ever before. The larger number of applications means more challenges for programs. Programs are finding it difficult to reduce this large group of applicants into a smaller, more manageable number who will receive interview invitations. With increased competition, it has become even more important to ensure that your application stands out from the hundreds or even thousands of applications that your dream program has received. What does it take to achieve a successful match? It takes the right strategy. In the 600 plus pages of this book, we answer the question of what it takes to match successfully. As with our previous edition, we provide specific evidence-based advice to maximize your chances of a successful match. Inside: Interviews with program directors and data from the recent literature reveal what programs value in the personal statement. Use this knowledge to develop a powerful and compelling personal statement. With 86% of programs citing LORs as a factor in selecting applicants to interview, it's critical that you have the best possible letters written on your behalf. Our resource will show you how to partner with your letter writers to achieve this goal. Audition electives are very important in many specialties. We review what factors to consider when choosing an elective and describe how to deliver an outstanding performance. The interview is the most important factor in the residency selection process. Our expanded interview section spanning 6 chapters will leave you thoroughly prepared, and ready to impress on the interview day. Our chapter "Interview Questions" will show you how to develop stand-out responses to commonly asked questions. Discover powerful techniques to

make favorable impressions during the traditional, behavioral, panel, conversational, and stress interview. Dedicated chapters to osteopathic (including AOA Match), U.S. citizen IMGs, and non-U.S. citizen IMGs present specific challenges for each group of applicants, and how to overcome these obstacles. The Chapter "Couples Match" covers major errors which lead to suboptimal match outcomes, and shows you how to avoid them. Nearly 200 pages of incredibly detailed Specialty-Specific Information will allow you develop a success strategy for multiple specialties until your specialty choice becomes clear. Featuring discussion of these issues and more, this book will provide you with specific, concrete recommendations that will maximize your chances of achieving the ultimate goal: that of a successful match.

## **Book Information**

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## **Customer Reviews**

Q & A with Dr. Samir Desai's been 7 years since the last edition of The Successful Match. What are the major differences between the 2009 and 2017 editions? The Successful Match 2017 is nearly 650 pages while the 2009 edition had approximately 400 pages. Every chapter has been updated, and new chapters have been added for U.S. citizen IMGs, osteopathic students, and couples. In the 2009 edition, specialty-specific information was presented over 1-2 pages. In this new edition, each specialty has its own chapter, and we dig deep to offer applicants incredibly detailed information and strategies tailored to the specific specialty. To bring this level of detail to our readers, we had to significantly expand the size of the book. Why is this book so detailed? Matching successfully requires countless decisions. Some are small. Some are big. But they're all important. The details matter in this process. We wanted applicants to base their

decisions on the available evidence. After all, we're talking about something so very important - their future. Fortunately, we have available to us considerable research in the area of residency selection, and we present this literature to give applicants the knowledge needed to make sound decisions. When evidence was lacking, we reached out to program directors and other key decision-makers, and included their recommendations in the book.

Which groups of applicants will find this book useful? Every applicant type will find tremendous value in this resource. Some examples:

- Are you worried that your USMLE Step 1 score may prevent you from matching in your chosen specialty? We'll show what you can do to overcome this obstacle.
- Do you know what anesthesiology program directors are tired of seeing in the personal statement? We'll show you what to avoid.
- Did you fail to match into orthopedic surgery? If so, you're not alone. We offer specific tips to help you succeed when you reapply.
- Are you interested in ENT? What's one thing that you should definitely highlight in your application and interview?
- Letters of recommendation are important to dermatology residency programs. How do you choose which writers to target for letters? What can you do to develop the relationships that will lead to powerful letters?
- Your choice of mentor is crucial to your success but it can be hard to choose among available mentors in a department. We'll show you a technique which will help you choose the "right" mentor.
- Are you a non-U.S. citizen IMG preparing for the residency interview? You'll learn about concerns that programs have about your background and training, and we'll show you how to allay these concerns during the interview.
- Do you have a red flag or area of concern in your background. Learn ways to present this information, and reassure programs that you have so much to offer.

How can I use this book to deliver a powerful interview performance? Interview performance is the most important factor used by programs to make rank-order list decisions. We have dedicated 6 chapters for interview preparation. Inside find the answers to the following questions:

- What do I do if I don't know how to answer a question?
- What errors should I avoid in answering behavioral interview questions?
- What key things must I share with every interviewer?
- I've heard that many applicants provide superficial answers. How can I avoid this common pitfall?
- I know that I will have a chance to ask the interviewer some questions. How can I avoid asking the "wrong" questions?
- How do I answer the questions "Tell me about yourself" and "What is your biggest weakness?"
- How can I stand out from other interviewees?

You'll find the answers to these questions and much more in our book.

What else can I do to maximize my chances of a successful match? Keep up-to-date with the latest information about the residency selection process by listening to our "Success in Medicine" podcast available at iTunes. I host this podcast with my co-author, Dr. Rajani Katta.

There, you'll find additional tips and strategies for match success. As always, we're not satisfied with giving you general information. Just like our book "The Successful Match," the Success in Medicine podcast provides detailed advice to help you get closer to your goals. ⌘

5 stars for the information presented, but minus 1 star for an issue with the book's binding (see photo). With only ~2 months of use, several pages have already become separated from the binding. Frustrating issue as more pages will loosen and become detached over time and I'll have to invest resources to repair or re-bind the book myself.

Excellent book for resident matching

Great resource to maximize your chance of matching

very good

great

This book is an excellent breakdown of what it takes to get into residency. It breaks it down by specialty, which I found very helpful. I also appreciate how there are statistics cited for each chapter.

Excellent book! Kinda thick but worth it!

Really good book

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