



July 18, 2024

ERAS Application Workshop Class of 2025

Agenda

Pulse Check

Upcoming Events

Approach to your ERAS
application

Pulse Check— Where should I be with applications?

Identified all potential letter writers

- “Can you offer me a **strong letter of recommendation** to support my application?”
- Forward the ERAS cover letter from Dr. Ben-Ari in addition to the ERAS-generated LOR instruction sheet for letter writers

Personal Statement

- Should be near-final by late August

CV

- Should be finalized and ready to send to letter writers and refer to while building ERAS application.
- Bullet-points should be used for Experiences section.

Pulse Check— Where should I be with applications? (II)

- Program List
 - Start curating your list
 - [Residency Preference Exercise](#) (RPE)
 - <https://www.residencyexplorer.org/>
 - [Residency Program Info Template](#)
 - Make any applicable notes about programs, contact 411, etc
 - Discuss which programs you'd like to signal, geo preference strategy, and total programs to apply to with Departmental Specialty Advisor
 - Ensure you have an appropriate balance of “reach/target/in-range” programs for **your application**

Upcoming Events



Strategies when approaching Program Signals and Geographic Preferences – perspectives from Student Affairs officials around the western region

August 22nd at 5pm via ZOOM
-Zoom Details TBA



Office of Financial Aid—Summer Office Hours

July 29th through August 9th.

Monday: In-Person Office Hours from 9am-5pm (closed 1pm-2pm for lunch)

Tuesday-Friday: Virtual Office Hours from 11am-1pm PT

<https://uscadm.zoom.us/my/medfao>



Mock Interviews with Alumni (late August – October)



Mock Interview Symposium

Saturday, October 5th



Approaching your ERAS Application

Questions & Answers

- **Bullet point vs Paragraph Form:** does not matter, it is your preference. If we have worked on your CV then your bullet points will work in both formats.
- **Using up all the characters:** sometimes less is more. If you are combining some experiences under one entry, then you'll use up more bullet points.
- **Multiple Positions within one experiences:** For example, you worked at Target as a cart attendance, cashier and forklift driver. You put working at Target as one experience, and highlight your outcomes and impact while at Target in your Context, Roles and Responsibilities

750 character limit

Experience

* Country

* State/Province

* City

Postal Code

Participation Frequency

Setting ?

Primary Focus ?

Key Characteristic ?

* Context, Roles & Responsibilities ?

Competitively selected into a primary care urban, underserved pipeline certificate program. Worked longitudinally over 18 months in a federally qualified health center with a primary care community preceptor to learn early primary care prevention and chronic disease management.

- Completed skills-based training through lectures and workshops on nutrition, exercise, weight stigma, oral health, mental health, sexual health, immunizations, pediatric preventative care, geriatrics, and point-of-care ultrasound
- Taught and developed curriculum for bilingual nutrition, cooking, and exercise classes for clients at the Wellness Center

11 characters left of 750

Questions & Answers

- **Should Descriptions reference key characteristics:** Only if they Key Characteristic is the primary focus of how you want to represent that experiences
- When it comes to curating your 10 experiences, consider:
 - What are the most important traits of someone in your chosen specialty?
 - What experiences have best prepared you for this path?
 - What experiences are important aspects of who you are or how you want to show up as a doc?

750 character limit

Experience

* Country
United States of America

* State/Province
California

* City
Los Angeles

Postal Code

Participation Frequency
Weekly (recurring)

Setting ?
Urban

Primary Focus ?
Medical education

Key Characteristic ?
Cultural Humility and Awareness

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Questions & Answers

- **Is it acceptable to let the publications section speak to my research:** It is generally recommended that if you have publications in med school, you should have one experience that can summarize your research activities.

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Questions & Answers

- **Do you recommend students fill out the impactful experience:** NO. This will not apply to everyone. It will not hurt you if you do not do it. It will hurt you if you try to overdramatize a situation to make it sound adverse.

750 character limit

Selected Experiences *

First, identify and describe **up to 10 experiences** that communicate who you are, what you are passionate about, and what is most important to you.

After saving, then identify and describe **up to 3 experiences** that you found the *most meaningful*.

2 of 3 most meaningful experiences indicated.

[+ ADD ENTRY](#)

Experience Type	Organization Name	Position Title	Dates	Most Meaningful ?	Actions
Education/training	Primary Care Program (PCP) Keck School of Medicine (KSOM)	Member	09/2021 - Present	<input checked="" type="checkbox"/>	⋮
Teaching/mentoring	Learning and Academic Support, Keck School of Medicine (KSOM)	KPIP Mentor	01/2021 - 02/2021	<input checked="" type="checkbox"/>	⋮
Volunteer/service/agency	Office of Admissions, Keck School of Medicine (KSOM)	Admissions Committee		<input type="checkbox"/>	⋮

The following examples can help you decide whether you should respond to the question and what kinds of experiences are appropriate to share on the MyERAS application. Please keep in mind that this is not a fully inclusive list:

- Family background** (e.g., first generation to graduate college)
- Financial background** (e.g., low-income family, worked to support family growing up, work-study to pay for college)
- Community setting** (e.g., food scarcity, poverty or crime rate, lack of access to medical care)
- Educational experiences** (e.g., limited educational opportunities, limited access to advisors or mentors)
- Other general life circumstances** (e.g., loss of a family member, serving as a caregiver while working or in school)

Impactful Experience

Please describe any... financial background...

Please consider when... applicants who have... applicants may not fe...

How do I know if I should respond to this question?

If you intend to do this, please talk to us first. It can hurt your application if you try to force something that was not impactful here.

Short paragraph discussing my background, not a sob story but rather context to the journey. How they have shaped you and perhaps given you a unique perspective, or unique ability to connect with a more array of diverse experiences.

This is not for everyone, and if you were to try to fabricate or over-dramatize an experience that does not fall within the parameters, then you will be doing yourself a disservice.

193 characters left of 750

Take Home Points

10 experiences

- Quality, not quantity
- More strategy than listing experiences
- Pre-medical school experiences—include sparingly and only if it was a truly an impactful/meaningful activity to influenced your journey and career aspirations
- Think of any primary areas of focus/key characteristics you want to highlight that are important to your journey, aspirations, and values

Meaningful experiences

- Choose the top 3
- Brevity is king – to the point of why it was meaningful to you.

Impactful experiences

- Does NOT need to be filled out for everyone
- Should meet with someone from the Career Advising Team to discuss