



RESIDENCY SUCCESS

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May / June
Sundays at 10:00 EST

Date	Topic	Description	Details
May 1st week	Social Media Networking	Build connections, reach out to the right people	Linkedin, Med Twitter & Networking Basics
May 4th week	Maximizing Step Scores	Correct resources, time management and memory retention	AMBOSS vs. USMLEWORLD. Study partners? Proper ways to address Clinical Questions
June 1st week	Getting Stronger LORs	How to select the right letter writers and the best way to approach them	Building Connections, Letter of Intent, Best Letter Writers



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June / July
Sundays at 10:00 EST

Date	Topic	Description	Details
June 4th week	Stress Management / Time management	Resources to help anxiety & depression. Support systems.	Tips & tricks to manage performance anxiety
July 2nd week	Creating a Research Plan	Where do I even begin.....Case Report? Case Series? Clinical Trials? What even looks good?	Engage in research that will get you matched
July 4th week	Medical CV	How is a Medical CV different	Medical CV formatting and grammar basics



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July / August
Sundays at 10:00 EST

Date	Topic	Description	Details
July 5th week	Personal Statement writing	Focus on the personal statement and learn how to customize it based on your application	Step-by-Step approach to Writing
August 3rd week	Communication Ettiquette	How to address attendings, VM, and call programs	Intro to Supplementals & IM SEL
August 5th week	Choosing Programs & ERAS APPLICATION	Certifying ERAS and common mistakes	Common ERAS Mistakes



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September
Sundays at 10:00 EST

Date	Topic	Description	Details
September 1st week	Addressing Red Flags	Where should red flags be addressed and how do we talk about them?	Red Flags do not define do you and how to overcome them.
September 3rd week	IV Prep: BASICS - Part 1	Learn how to make a program fall in love with you-- but first, do you even have the right setup for a Zoom interview?	Building blocks of IV, Dress Code, Eye Contact. Tell me about yourself and how to be personable.
September 4th week	IV Prep: CLINICAL / ETHICAL QUESTIONS - Part 2	Tackling the IV with poise and proper practice	Group vs. one on one sessions. Non verbal communication.



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October / November

Sundays at 10:00 EST

Date	Topic	Description	Details
October 2nd week	IV Prep: BEHAVIORAL - Part 3	How to answer ANY behavioral interview question with the STAR method	Specialty specific questions
October 5th week	NO IV - Managing interview season anxiety	Sending love letters/contacting residency programs- Stress Control	Plan B and how to leverage your network
November 2nd week	Coffee Chat with our Applicants	Candidates with current IV's discuss their IV questions	Recent candidates with interviews



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January / February / March
Sundays at 10:00 EST

Date	Topic	Description	Details
January 2nd week	Rank Order Lists	How to construct ROL?	Firsthand experiences of candidates on interviews
February 1st week	SOAP Strategies	SOAP is made up of a series of rounds in which participating programs seek to fill their unfilled residency positions	SOAP occurs at the end of the MATCH for any unfilled positions
End of March	Post Match Strategy	Next steps if you did not MATCH	Find out what you can improve for next year