



# The USMLE Journey

## *Medical University of Gdansk*

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2 506-8

What

3 506-8 FILM

Happens

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Next

Image from: <http://www.whathappensnext.net/>

2 2A 3 3A 4 4A

Residency

Fellowship

Attending

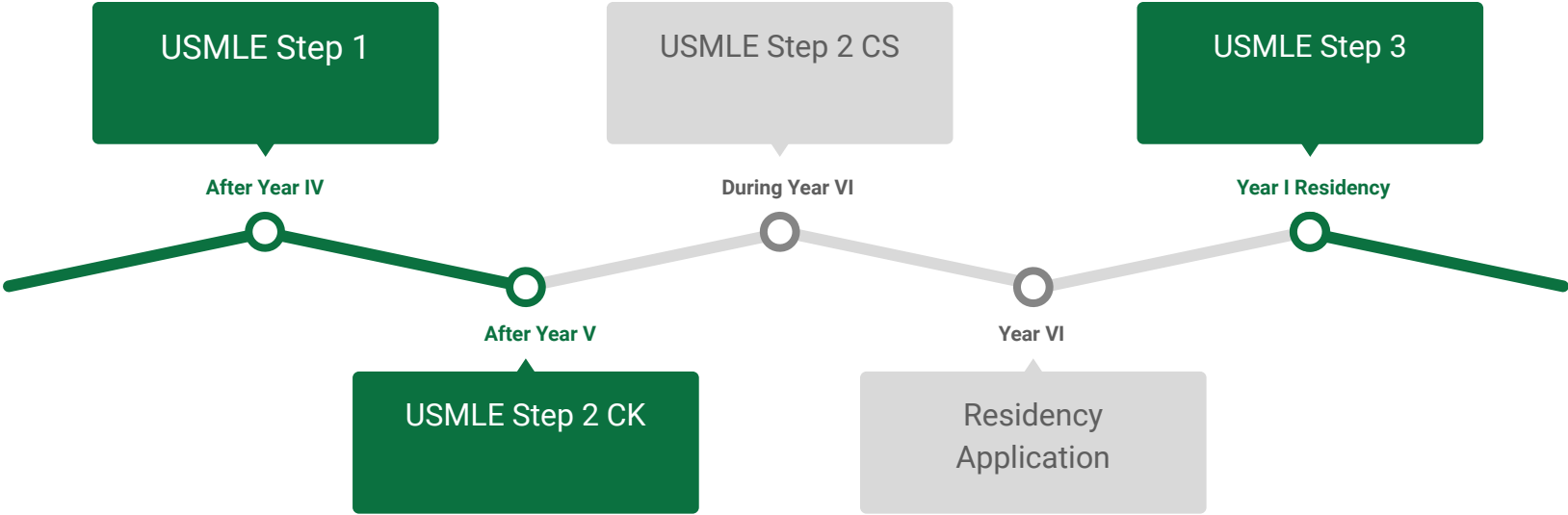
3-7 years, depending on the specialty you choose

+/- Chief Residency

Further subspecialty training, between 1-3 years

*Real life begins!*

# An Overview of the USMLE Journey



# United States Medical Licensing Exams (USMLE)

- **Series of exams to verify medical knowledge**
- As an international medical graduate (IMG), your score plays a huge role in your residency application - this is how many residency programs filter their thousands of applicants
- Take many months of rigorous preparation
- **Step 1, Step 2 CK, Step 2 CS, Step 3**




	2017	2018
<b>USMLE® Step 1</b>		
IMG Registrations	23,273	21,153
IMG Pass Rate – First Takers	78%	80%
<b>USMLE Step 2 Clinical Knowledge (CK)</b>		
IMG Registrations	16,356	15,555
IMG Pass Rate – First Takers*	80%	83%
<b>USMLE Step 2 Clinical Skills (CS)</b>		
IMG Registrations	15,389	15,742
IMG Pass Rate – First Takers*	82%	75%

# Disclaimer:

The exact process and documentation changes frequently!  
Please refer to the ECFMG website for most up-to-date information. This presentation serves as a general idea and timeline of requirements.





Take a deep breath,  
relax and imagine  
yourself exactly as  
you wish to be.

Brian Tracy



The image shows a browser window displaying the ECFMG website. The address bar shows [ecfm.org](http://ecfm.org). The header includes the ECFMG logo and the text "EDUCATIONAL COMMISSION FOR FOREIGN MEDICAL GRADUATES". Social media icons for Facebook, Twitter, YouTube, LinkedIn, and Instagram are present, along with a search bar. A navigation menu contains the following items: "About ECFMG", "Programs", "On-line Services", "News", and "Resources". The main content area features a large photograph of a diverse group of smiling healthcare professionals. Two promotional banners are overlaid on the bottom of the image:

- ECFMG Clinical Skills Requirement & 2021 Match**  
Information on how qualified IMGs who have not passed Step 2 CS can meet the requirements for ECFMG Certification
- Save "Duration of Status," Protect U.S. Health Care**  
A proposed ICE visa change will disrupt U.S. health care. Learn more.

**The ECFMG Platform:** your one stop shop for exam applications and score reports and ECFMG certification

<https://www.ecfm.org/>





Login for access to ECFMG's Interactive Web Applications (IWA)

If you have already received your **ECFMG On-line Services** password, enter your USMLE/ECFMG Identification Number and Password below to login.

IWA LINKS

Application for ECFMG Certification

- [Overview](#)
- [Instructions](#)

Application for USMLE Examination

- [Overview](#)
- [Instructions](#)

Eligibility Period Extension Request

- [Overview](#)
- [Instructions](#)

[Web Applications Frequently Asked Questions \(FAQs\)](#)

[ECFMG's Provision of Performance Data to Medical Schools](#)

USMLE/ECFMG Identification Number:   
(8 digits, no dashes)

PASSWORD:

If you forgot your password, click [here](#).

If you forgot your USMLE/ECFMG Identification Number, click [here](#).

If you have never been issued a USMLE/ECFMG Identification Number and want to request one, click [here](#).

If you have a USMLE/ECFMG Identification Number, but you are a first-time user of **ECFMG On-line Services**, click [here](#) to establish an account.

You can find this page by going to On-line services > IWA - Interactive Web Applications.

This is the main hub for all exam applications.

If you haven't yet, go ahead and create a **USMLE/ECFMG Identification number**





## Creating an account on the ECFMG website

- Click “I want to apply for ECFMG certification”
- You will request a USMLE/ECFMG identification number
- You will then be taken to another window, fill in the information
- You will need to wait a couple weeks and ECFMG will send an email with your USMLE/ECFMG ID and password

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# USMLE Step I



# What is the USMLE Step 1 exam?

- **Predominantly basic sciences:** your first three years of medical schooling during one 8-hour exam
  - Anatomy, physiology, pathomorphology, biochemistry, pharmacology, epidemiology, biostatistics, embryology, histology
- 188 is a pass; 220 is an American Graduate's average score; >240 is considered great!
- Get familiar with the average scores of your intended specialty, some are far more competitive (i.e. dermatology, radiology, cardiothoracic surgery, etc)
  - You can view this detailed information on the NRMP website

# Once you receive your USMLE/ECFMG ID



Sign in using your USMLE ID and password on the ECFMG website

- You will click “ begin application”
- You will need to fill out the entire form
- You will be asked to select an “eligibility period” in which you can choose to schedule your exam
- At the end of the form you will asked to make the payment for the exam



# Form 186 for IMGs

- Download the ECFMG Form 186. This form is used to verify your identity.
- Upload your documents on the NotaryCam website. This website is an online notary service. Go to the ECFMG portal of NotaryCam
- Book an interview appointment.
- The online session included: confirmation of personal details, showing your passport on the screen, placing a digital signature on already uploaded Form 186.
- ECFMG will notify you when Form 186 is accepted.

<https://www.ecfm.org/news/2018/09/17/upcoming-enhancement-to-ecfm-certification-of-identity-process-for-applicants/>



## Certification of Identification Form (Form 186) Instructions

The Certification of Identification Form (Form 186) is required as part of the ECFMG certification process to confirm your identity. Once ECFMG accepts Form 186, it typically remains valid indefinitely, and you can apply for additional certification-related services, including applying for the United States Medical Licensing Examination® (USMLE®).

Form 186 must be completed and notarized using NotaryCam, which provides convenient, on-line access to professionally licensed and certified notaries. On-demand NotaryCam sessions are available seven days a week, 3:00 a.m. to 11:00 p.m., Eastern Time in the United States. Appointments can be made for any time. Fees for using NotaryCam were included in your application fee, therefore, you will not be required to pay fees to have NotaryCam certify Form 186. Visit <https://www.notarycam.com/ecfmq> for detailed instructions.

To use NotaryCam to complete Form 186, you will need:

- PDF file of Form 186 ECFMG provided to you (image files not accepted)
- a scanned, color image of the required page(s) of your passport
- a computer with a webcam (Visit <https://www.notarycam.com/faq/> for system requirements.)

**Form 186:** As part of your NotaryCam session, you will be required to upload the PDF of Form 186 ECFMG provided to you (either after completion of the on-line portion of the Application for ECFMG Certification or via a link in ECFMG's Interactive Web Applications (IWA)). Form 186 must be completed during the NotaryCam session, and it must be received by ECFMG within one year of the date it was created.

**Passport:** As part of your NotaryCam session, you will be required to upload a scan of your current, unexpired passport. A copy of your passport scan will be provided to ECFMG for your permanent file. *Passports are used by ECFMG for identity verification only.*

INCLUDE:	BE:
<ul style="list-style-type: none"><li>• The page with your name* and photograph</li><li>• The passport expiration date (may be a separate page from name/photo page)</li><li>• The section of your passport in Latin characters (if the page with name/photo is not in Latin characters)</li></ul>	<ul style="list-style-type: none"><li>• Actual size of passport page</li><li>• Clear and legible with all edges and corners</li><li>• In color</li><li>• In (JPEG) format</li><li>• A file size of 2MB or less</li></ul>

**\*Important Note:** If the name, gender, and date of birth you submitted as part of the Application for ECFMG Certification do not match exactly the same information in your passport, you cannot use NotaryCam to complete Form 186. Please contact ECFMG's Applicant Information Services for more information.

**Photograph:** As part of your NotaryCam session, NotaryCam will capture a still photograph of you. This image will be placed by the notary onto Form 186 and provided to ECFMG for your permanent file. Please keep this in mind when scheduling and preparing for your NotaryCam session. Make sure you are sitting in a well-lit area and that you are presenting yourself in a professional manner.

Contact ECFMG Applicant Information Services at (215) 386-5900 or [info@ecfm.org](mailto:info@ecfm.org) if you have questions about NotaryCam or, if for any reason, you cannot complete Form 186 using NotaryCam.

# Get your document legally notarized in minutes

No matter the device, time of day or location, we have notaries ready to complete your notary request!

[GET STARTED](#)

99.8 %

CUSTOMER SATISFACTION.

400 K

ONLINE NOTARIZATIONS

50

U.S. STATES

+145

COUNTRIES

<https://www.notarycam.com/>



# Await Your Scheduling Permit & Schedule Your Exam!

- It takes ~ 3-4 weeks after sending forms 183/186
- You will receive an email from ECFMG. This email will contain your scheduling permit
- You will then be able to schedule your exam through **Prometric**
- Do so well in advance as test dates fill up quickly especially if in specific locations

PROMETRIC COVID-19 UPDATE TEST TAKERS TEST OWNERS REMOTE ASSESSMENT ABOUT US CONTACT → SEARCH

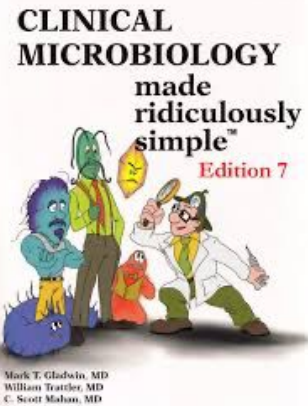
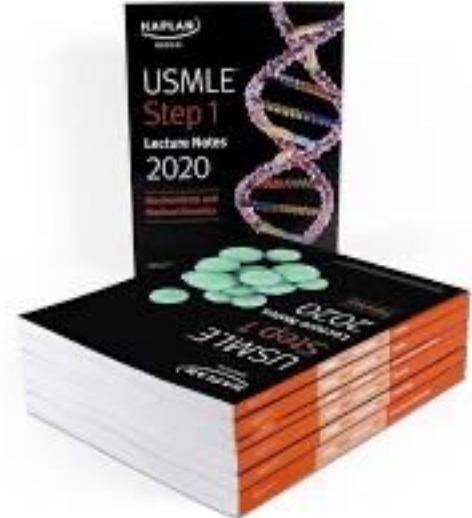
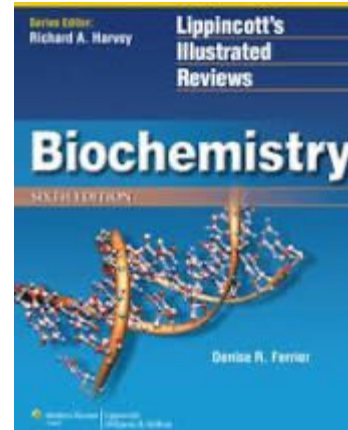
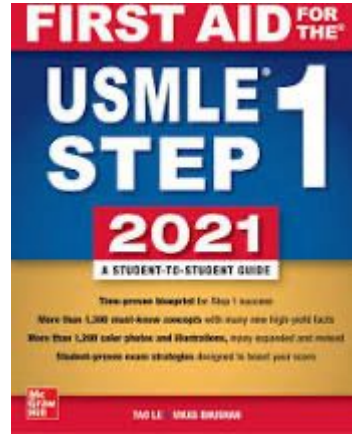
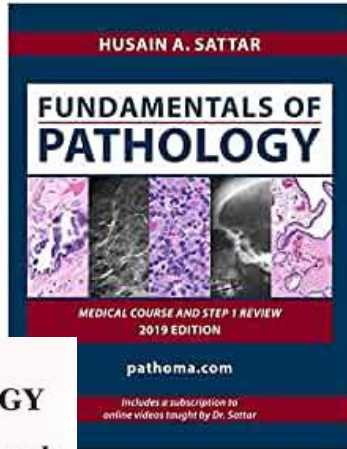
## EXPERTISE. INTEGRITY. CHOICE.

Today, these three qualities matter more than ever. As the trusted world-leader in assessment and testing, we are here to help you and your candidates shift to reliable, secure online options during COVID-19 and beyond.

Our COVID-19 Response Strategy

<https://theindianmedicalstudent.com/usmle-step-1-application-guide-for-imgs>  
<https://www.youtube.com/watch?v=WTfjxENFyOU>

# USMLE Step 1 Resources





# UWorld

# MEDICAL

 UWorld | MEDICAL

PRODUCTS

OUR DIFFERENCE

RESOURCES

FACULTY

CONNECT



## Step 1 QBank Highlights



### Flag Questions

Flag questions so that you can easily review them later



### Flashcards

Improve retention by creating flashcards with customized spaced repetition.



### Notes

Take notes to aid understanding of critical concepts



### Customizable Exams

Create customized exams based on your unique study needs



### Performance Graphs

Track performance and compare your progress with others



### Multiple Devices

Practice questions any time, anywhere, on desktop and mobile devices



This is one of the most popular and highly recommended Question Banks! **This will be your friend.**

Incorporate UWorld questions into your study routine to get an idea of what the USMLE exam will be like!

You can purchase the question bank for a couple months up to 1 year

COVID-19

# We're in This Together

The unprecedented COVID-19 crisis has upended the medical and medical education landscape. Our aim during this difficult and confusing time is to support you with what we do best—concise, high-yield videos to help you get up to speed efficiently and effectively—so you can feel confident with however you're being called on to adjust.

### FIND THE RIGHT CONTENT

3rd-year medical student  
Continue Preparing for Step 2

4th-year student graduating normally  
Go to Residency Content

4th-year student graduating early



Order the **White-boards book** to take notes along with the videos. Some students start the OME videos for Step 1, but they are mostly used for Step 2 CK.

<https://onlinemeded.org/spa/dashboard>

**Onlinemeded** is a free video source for USMLE Step 1 and Step 2CK. You can watch the videos for free if you make an account.

Cardiology >  
Heart Failure

Navigation icons: Prime, Acquire, Challenge, Enforce, More

Studied Up



# OnlineMedEd

## PACE

**Acquire**  
Get the details with high-yield video or audio content.

### Key Concepts

- SYS vs DIA
- Left vs right
- Echo
- Exacerbations
- ACE + BB
- LMNOP

Audio icon

Upgrade Now

# Score higher on your USMLE<sup>®</sup> and NBME<sup>®</sup> exams. With less study time.

AMBOSS makes studying a breeze and life on the wards easier.

[START FREE TRIAL](#)

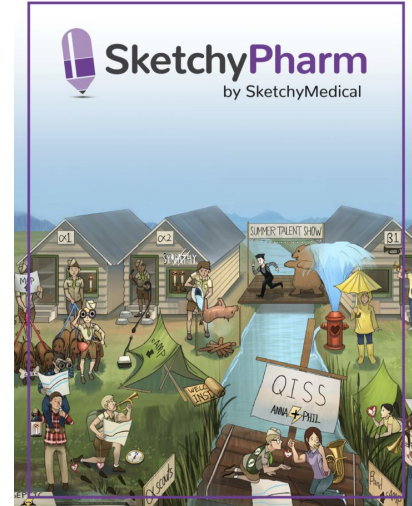
A lot more students are now also using [Amboss](#) as a supplement to UWorld



# Eat. Sleep. Sketchy. Repeat.

Your go-to visual learning companion for test-taking & content mastery

START FREE TRIAL



## Choose Your Learning Program

Medical

MCAT

PA

Pharmacy

Nursing

**SketchyPharm + SketchyMicro** are used very often by students. They help you memorize and retain the information much better. Knowledge from these videos is very useful for both step 1 and step 2 CK.



Welcome. Please use the latest edition of **Chrome**, **Edge**, or **Firefox** for the best online experience. To access NBME products and services, sign in below.

A white rectangular input field with a thin grey border. On the left side, there is a small grey person icon followed by the text "Email".A white rectangular input field with a thin grey border. On the left side, there is a small grey padlock icon followed by the text "Password".A solid blue rectangular button with the text "Log in" centered in white.

[Forgot your password?](#) [First-time user?](#)

[NBME®](#) | [NBME News](#) | [NBME Events](#)

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**NBME:** Prepare for the USMLE exams by doing mock exams that give you an approximation of the score you will receive on the actual exam. NBME offers practice exams that look very similar to the real USMLE exam.



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# USMLE Step 2 CK



## What is Step 2 CK?

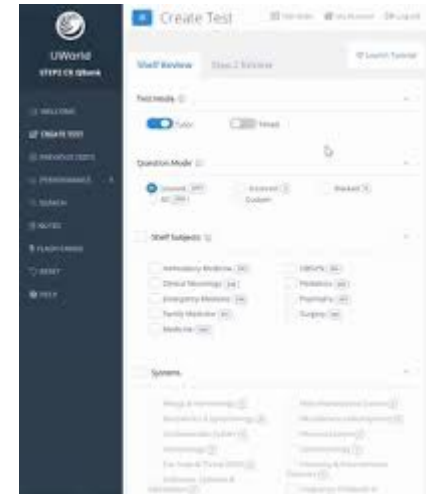
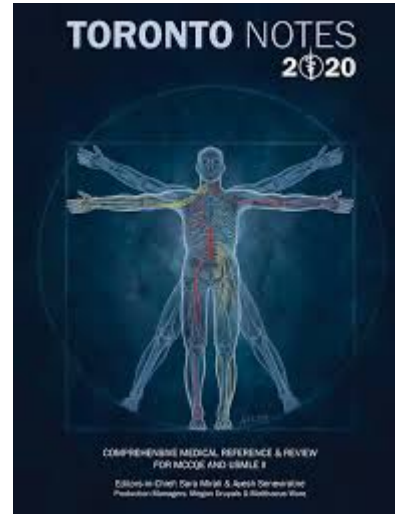
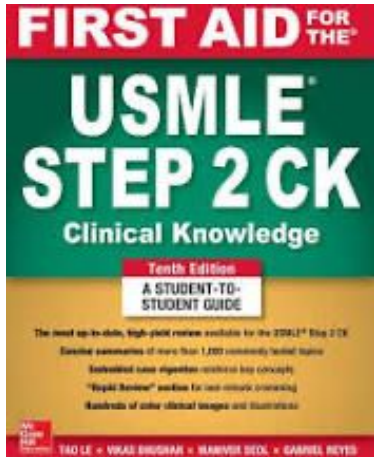
- Tests your clinical judgement and diagnoses in internal medicine, OB/Gyn, surgery, pediatrics, psychiatry, emergency medicine, ethics, infectious disease etc. in a 9 hour exam
- Strong component of Step I material and basic science questions as well, so don't forget all that Step I material too quickly
- Suggested to take the summer after your 5<sup>th</sup> year in order to get results in time for residency applications, also you will have completed or at least started most of your core clinical rotations (IM, Peds, Surgery, etc)



## Signing up for Step 2 CK

- Signing up for Step 2 CK is much more simple since you already have access to the ECFMG website along with your USMLE/ECFMG ID
- Just apply for the exam, confirm your contact information, and pay for the exam
- It can take almost 4-5 weeks to receive your scheduling permit for Step 2 CK
- You will then be able to schedule your exam through **Prometric**

# Step 2 CK Resources



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# USMLE Step 2 CS

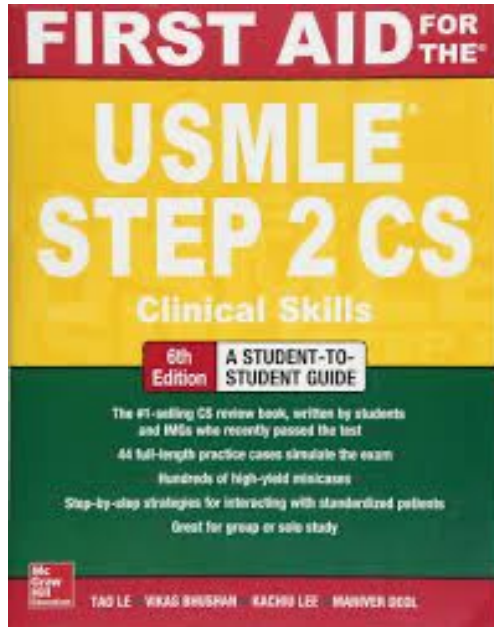
*(Indefinitely Discontinued)*



## What is Step 2 CS?

- Tests your patient communication, clinical documentation, differential diagnoses, and clinical decision making
- You have 12 or so patient scenarios with real live actors. You have ~10 minutes with each patient to get a detailed history, focused physical examination (including things like fundoscopic eye examination where appropriate), and counsel the patient. You then have 5 minutes to write everything up at a computer and come up with differentials
- They've started introducing basic chest x-rays and EKGs into the scenarios for you to review
- Suggested to take in the summer of your 5<sup>th</sup> year so that you can have your results in time for residency applications in the beginning of 6<sup>th</sup> year

## Step 2 CS Resources



The image is a dark-themed advertisement for UWorld Medical. It features the UWorld Medical logo at the top left. The main text is centered and reads: 'Prepare With the Name You Can Trust The Preferred Resource for USMLE® Step 2 CS'. Below this, it says 'A comprehensive online learning tool built for your success'. The background is a blurred image of a person's face, likely a student, looking towards the camera.

**UWorld MEDICAL**

Prepare With the Name  
You Can Trust  
The Preferred Resource  
for USMLE® Step 2 CS

A comprehensive online learning tool built for  
your success



# Preparing for Step 2 CS



- Go through each and every scenario in the First Aid for USMLE CS
- Practice with friends, and practice until you can recite the flow of their clinical exam in your sleep: history of presenting illness, review of systems, past medical history, past surgical history, social history, medications, allergies, family history etc.
- Practice coming up with a long list of differentials. The presenting complaints will often be vague, so don't stress if you don't know exactly what it is! It's about coming up with ideas, the thinking process and communicating/counselling your patient appropriately
- They LOVE the counselling part. With each patient you should find something to counsel them about: healthy eating, safe sex practices, quitting smoking, etc.
- They are actors, so prepare yourself for belligerent/furious patients, psychotic patients, patients that are bawling their eyes out, etc.

# Update early 2021: Work to relaunch USMLE Step 2 CS is discontinued

## Announcements



### Work to relaunch USMLE Step 2 CS discontinued

Posted: January 26, 2021

The Federation of State Medical Boards (FSMB) and NBME, co-sponsors of the United States Medical Licensing Examination® (USMLE®), are today announcing the discontinuation of work to relaunch a modified Step 2 Clinical Skills examination (Step 2 CS).

Following the May 2020 suspension of Step 2 CS due to the COVID-19 pandemic, we announced our intention to take 12-18 months to bring back a modified Step 2 CS exam that was appreciably better than the prior assessment. After reviewing current and anticipated progress with the exam and in consideration of the rapidly evolving medical education, practice and technology landscapes, we have decided to discontinue Step 2 CS. We have no plans to bring back Step 2 CS, but we intend to take this opportunity to focus on working with our colleagues in medical education and at the state medical boards to determine innovative ways to assess clinical skills.

Independent standardized assessments of medical knowledge and clinical skills are important inputs for state medical licensure decisions. In the absence of Step 2 CS, elements of clinical reasoning and communication will continue to be assessed on other exams (Steps) in the USMLE sequence. Computer-based case simulations in Step 3 and communication content recently bolstered in Step 1 are examples of these efforts that will continue. While not a replacement for Step 2 CS, these formats continue to contribute positively, e.g., measuring critical knowledge of medical communication.

Our change in direction will allow us to take additional time to partner with the medical education and medical board community to better develop innovative ways to assess the breadth of clinical skills in medicine.

For questions about the Step 2 CS discontinuation and any other USMLE-related inquiries please contact the USMLE support team: <https://www.usmle.org/contact/>

"The FSMB is committed to supporting state medical boards in their principal mission to protect the public," said Humayun J. Chaudhry, DO, MACP, President and CEO of the FSMB. "As co-sponsors of the USMLE program, we will continue to seek innovative and sensible ways to assess medical licensing eligibility."

- **Step 2 CS has been discontinued.**
- The ECFMG published requirements for the 2022 match. They are similar to the 2021 match requirements with a few changes.

# Requirements for ECFMG Certification for the 2022 Match

- **Pathway 1: Already Licensed to Practice Medicine in Another Country**

Pathway 1 is intended for applicants who currently hold or have recently held a license/registration to practice medicine without supervision. Applicants who meet the eligibility requirements for Pathway 1 must apply to Pathway 1 in order to meet the clinical and communication skills requirements for ECFMG Certification, unless they failed Step 2 CS; see [Important Note](#).

- **Pathway 2: Already Passed a Standardized Clinical Skills Exam for Medical Licensure**

This pathway is intended for applicants who do not currently hold, or have not recently held, a license/registration to practice medicine without supervision (Pathway 1), but who successfully completed a secure, standardized clinical skills exam as a requirement for medical licensure or registration in a country other than the United States.

- **Pathway 3: Medical School Accredited by Agency Recognized by World Federation for Medical Education (WFME)**
- **Pathway 4: Medical School Accredited by Agency that Has Received a Determination of Comparability by National Committee on Foreign Medical Education and Accreditation (NCFMEA)**
- **Pathway 5: Medical School Issues Degree Jointly with a U.S. Medical School Accredited by Liaison Committee on Medical Education (LCME)**

Pathways 3, 4, and 5 are intended for applicants who have not yet obtained a license/registration to practice medicine without supervision (Pathway 1) and who have not already passed an acceptable standardized clinical skills exam for medical licensure (Pathway 2). An applicant to Pathway 3, 4, or 5 must be a student or a recent graduate of a medical school that meets eligibility requirements established by ECFMG.

- **Pathway 6: Evaluation of Clinical Patient Encounters by Licensed Physicians**

Pathway 6 is intended for applicants who do not meet the eligibility requirements for Pathway 1, 2, 3, 4, and 5 and/or have failed Step 2 CS one or more times. To meet the requirements for Pathway 6, the applicant's clinical skills must be evaluated by licensed physicians using ECFMG's Mini-Clinical Evaluation Exercise (Mini-CEX). Additional details and instructions for meeting the requirements for Pathway 6 will be provided as soon as they are available.

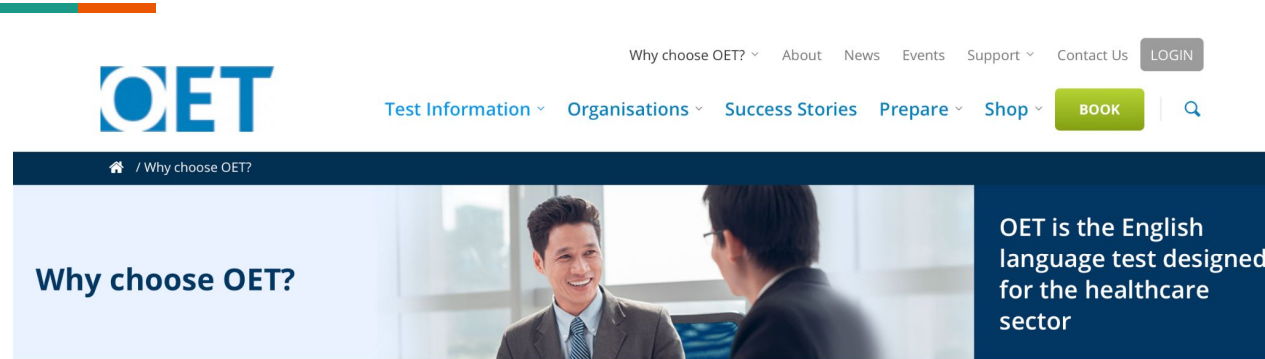
**Poland should qualify  
for Pathway 4**



**National Committee on Foreign Medical  
Education and Accreditation (NCFMEA)**

U.S. Department of Education

# OET exam: ECFMG's Communication Skills Requirement and English Language Proficiency



## Healthcare professionals

Healthcare professionals choose OET because it helps them prove they have the right level of English for work or study, while also learning the kind of language they will need every day at work.

- To meet ECFMG's requirement, applicants must attain a minimum score of 350 (Grade B) on each of the four measured components of OET Medicine: Listening, Reading, Writing, and Speaking.
- You can take the exam in Warsaw, Poland. The exams take place once a month.

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# General USMLE Exam Tips

# Be SYSTEMATIC!



- Review UWorld questions regularly, they are a fantastic resource and should be the backbone of your studying. You will quickly get familiar with USMLE-style questions.
- As soon as you commit to the USMLE exams, create a schedule and stick to it. You will need A LOT of motivation and preparation!
- The USMLE exams may have a different focus than GUMed exams, but there will still be considerable overlap. If you study hard, you will be prepared for both!

# Study SMART!



- During your rotations (i.e. Cardiology), incorporate USMLE resources and techniques into your every day routine
  - Review UWorld Cardiology questions
  - Review the Cardiology chapter piece by piece in your First Aid textbook
  - Check out some USMLE-specific videos about the topic (for example, Kaplan) if you have access to them
- This will not only help you prepare for the exam, but will help you keep a routine during your studies!



# Consider Additional Prep Courses

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- There are many intensive, instructor-led, commercial courses available (i.e. Kaplan, i.e. \$\$\$)
- Think about your learning needs and if that is your preferred study method, it may or may not be helpful to you to sit in a classroom for a week to learn about “hot topics”

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# ECFMG Certification



# ECFMG Certification

- Verification of medical studies for international medical graduates
- Mandatory step in order to obtain specific state licensure and to begin residency
- **Required:** Step I, Step 2 CK and (previously Step 2 CS) now OET test (Occupational English test) + Medical School Diploma + accreditation via one of the ECFMG pathways

**You DO NOT need ECFMG certification to apply for residency, BUT you must have it before you start residency - long processing time, start ASAP!**

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# US Electives/Observerships



# US Electives/Observerships

- **Strongly encouraged during pursuit of a US residency**
- Many programs require **at least 1 month** of US-based electives
- Availability ever-changing, but start to research electives or observerships early
- Some electives may require a “tuition”
- Some require that you have completed your USMLE Steps and/or core clinical rotations, but requirements vary between programs and opportunities
- Be persistent, reach out to programs directly to see if they offer electives for IMGs

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# Residency Application

The image shows a browser window with the URL [ama-assn.org](http://ama-assn.org). The header is purple and contains the AMA logo, a 'MENU' button, a 'Join / Renew' link, a search bar with the placeholder text 'Enter Search Term', and a user profile icon. The main content area is light gray and features the following text:

# Simplify the residency search. Find your perfect match.

Enjoy unlimited access to FREIDA™, the AMA Residency & Fellowship Database®.

[Become a Member](#)

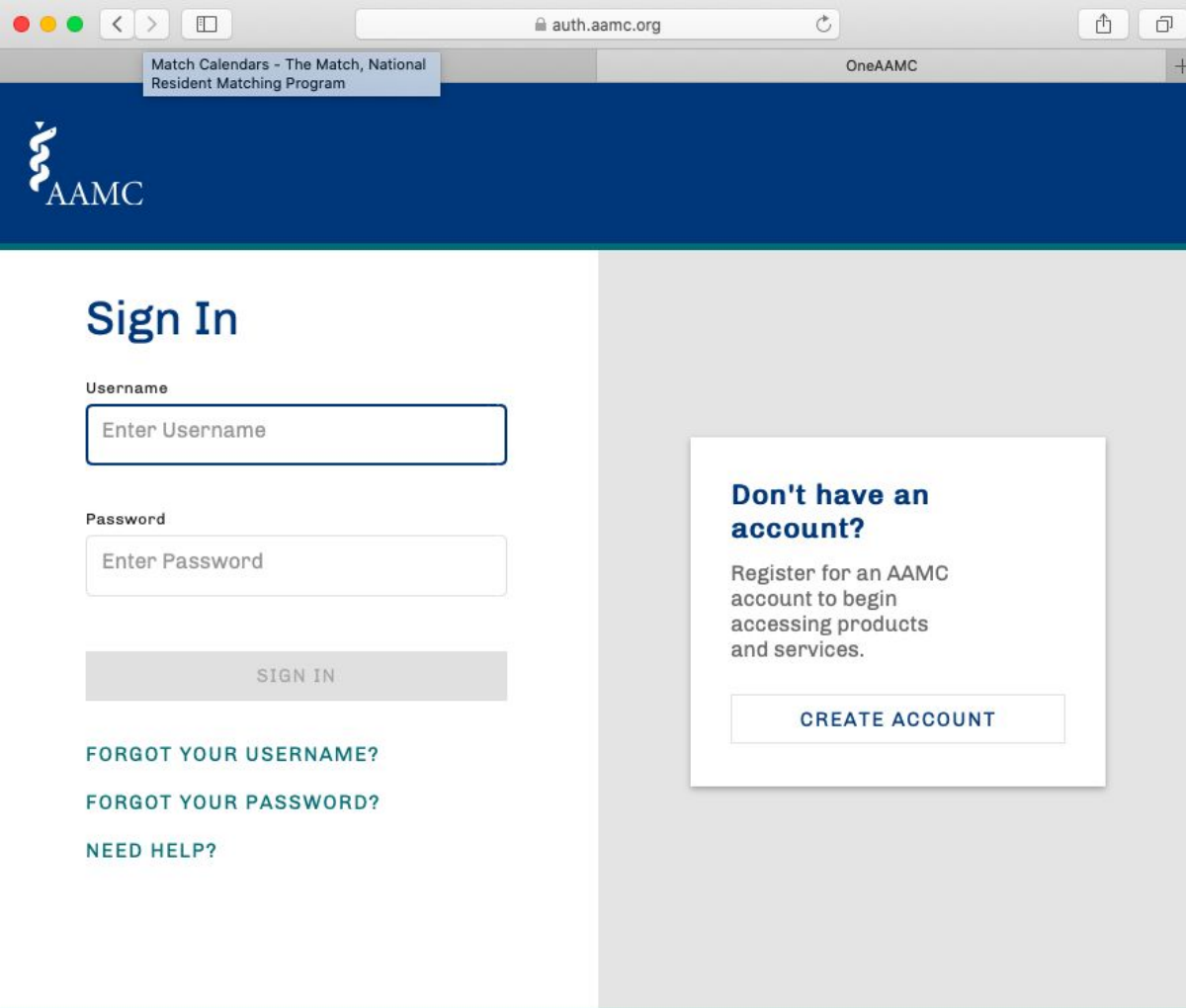
**FREIDA Online:** Helpful database of all residency programs, including a general overview of whether they take international medical graduates (IMG) and/or offer J1/H1B visas. Student accounts are free of charge.

<https://freida.ama-assn.org/>

# Residency Application Timeline

Date	Timeline
June 8, 2020	ERAS 2021 season begins at 9 a.m. ET.
June 23, 2020	ERAS Support Services at <a href="#">ECFMG</a> will begin generating and distributing tokens to IMGs. Applicants can register in <a href="#">MyERAS</a> and begin working on their application.
September 1, 2020	Applicants may begin submitting applications to residency programs at 9 a.m. ET.
October 21, 2020	Residency programs may begin reviewing applications and MSPEs are released to programs at 9 a.m. ET.
January 2021	Urology Residency and Military Match results are available. Supplemental Offer and Acceptance Program (SOAP®) begins on March 15 at 11 a.m. ET.
March 15 - 19, 2021	National Resident Matching Program ( <a href="#">NRMP</a> ®) main residency match results will be available on March 19 at 1 p.m. ET. The full <a href="#">2021 Match Week and SOAP Schedule</a> is available to view. Please note, the NRMP has decided to add an <b>additional, fourth offer</b> round to the SOAP process. For more information about Match Week and SOAP, please contact <a href="#">NRMP</a> at 202-400-2233 or <a href="mailto:support@nrmp.org">support@nrmp.org</a> . For more information about MyERAS application, please contact <a href="#">ERAS Client Technical Support</a> at 202-862-6264.
May 31, 2021	ERAS 2021 season ends: MyERAS closes at 5 p.m. ET





**MyERAS:** The platform through which you will apply for residency, and perhaps fellowship in the future.

When your application season comes, you need to create a “token” for yourself.

<https://apps.aamc.org/myeras-web/>

## Uploading and Assigning Documents

Upload	Assign	Document
<input type="checkbox"/>	<input type="checkbox"/>	Personal Statement(s)
<input type="checkbox"/>	<input type="checkbox"/>	Letters of Recommendation (LoRs) Note: An LoR cannot be assigned to programs until the LoR author uploads it to the Letter of Recommendation Portal (LoRP).
<input type="checkbox"/>		Medical Student Performance Evaluation (MSPE or "Dean's Letter") Note: Automatically assigned.
<input type="checkbox"/>		Medical School Transcript Note: Automatically assigned.
<input type="checkbox"/>		ECFMG Status Report (IMGs only) Note: Automatically assigned.
<input type="checkbox"/>	<input type="checkbox"/>	Postgraduate Training Authorization Letter (PTAL or "California Letter") (IMGs only)
<input type="checkbox"/>	<input type="checkbox"/>	Photograph
<input type="checkbox"/>	<input type="checkbox"/>	Send your USMLE and/or COMLEX-USA Transcripts Note: Instead of uploading your transcript, you must authorize the release of your transcript before you can assign it to programs.



# Prepare Your Documents **Early**

- It is preferred to have a **full and complete application** ready to go as soon as ERAS opens for applications (typically, September 1st of each year) so that it is ready for review by your dream program on Day 1 without any hiccups
- Discuss with the Dean's office early your needs, requirements and deadlines
- Many documents are time-sensitive and the Dean's office will be heavily involved



# Personal Statement

- Approximately 1 page essay **about your story**: why did you study in Poland? Why are you choosing this residency? Do you have any deficiencies in your application that you have to explain? What are your academic goals? What are you looking for in a residency?
- Read this over and over and over again. Proofread a thousand times. Have your friends and family read this. I have seen good candidates be thrown away from the pile because of a horribly written personal statement. This is important and the first glance at your personality and your “fit” for the program. Take your time.



# Letters of Recommendation (LOR)

- Most programs require at least **three (3) LORs**, maximum four (4)
- Ask for these from trusted mentors well in advance, you do NOT want any surprises on your LORs
- You should have at least one letter from someone within the specialty to which you are applying
- LORs from US physicians are highly regarded; be sure to ask physicians throughout your electives/internships and ask EARLY
- These need to be uploaded into ERAS by the LOR writer themselves - you should not upload these! Letters are valued more if you've "waived your right to see the letter"
  - Therefore, the LOR writer needs to create an ERAS account for themselves. You will provide them with a link to do so. Ideally, this needs to be done before September 1st - the day you are expected to send your full and complete application



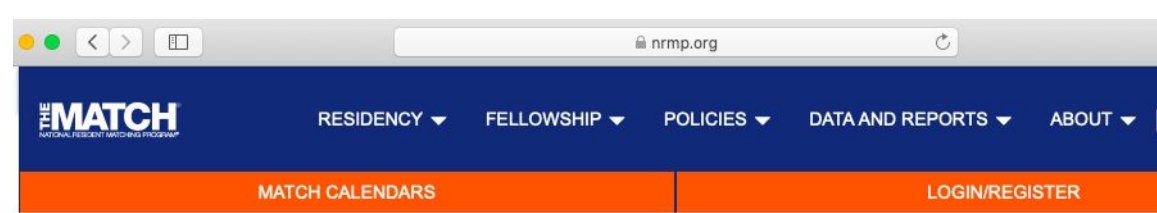
## MSPE or “Dean’s Letter”

- This is a letter that is approved and uploaded by the Dean’s office
- It includes evaluations from pre-clinical rotations and core rotations
  - Core rotations: Pediatrics, Surgery, Internal Medicine, Obstetrics & Gynecology, Family Medicine, Psychiatry
- It’s a summary of your performance, expected graduation date, any deficiencies or interruptions in training, and extracurricular contributions



# Medical School Transcripts

- The Dean's office will have to upload these directly into ERAS
- Each document takes time to process, so again, leave yourself enough time



## UPCOMING DEADLINES

Select Match:

**JAN 31** **11:59 p.m. ET : Applicant Standard Registration Deadline** (*\$50 additional fee for late registration*)

- **Program quota change, program withdrawal, and program SOAP participation status deadlines**

**FEB 1** **12:00 p.m. ET : Ranking opens**

- Medical schools begin verifying student/graduate graduation credentials

**MAR 3** **9:00 p.m. ET : Rank Order List Certification Deadline**

- Applicant late registration and Match withdrawal deadline
- Medical school student/graduate graduation credentials verification deadline
- Institutional official change approvals deadline
- Program reversion deadline

**MAR 15** **Match Week Begins**

**10:30 a.m. ET : Medical school Unmatched Applicants report available** (*embargoed until 11:00 a.m.*)

**11:00 a.m. ET :**

- **Applicant match status and program fill status available** (*by email and R3 system*)

**NRMP** is a separate platform through which “the Match” happens.

You have to sign up for this separately in order to participate in the Match, and this usually opens up in the middle of the interview season.





# State Licensure



## After You MATCH!

- Each and every State has specific requirements regarding licensure
- You need to be licensed to practice medicine in the state in which you are doing your residency
- Be sure to **communicate with your residency program** right after Match Day (March) in order to get the licensure application process going ASAP
- Depending on the state, this can take many months to complete and you cannot start residency without a license in your hand
- **There will be many documents required from the Dean's office directly**

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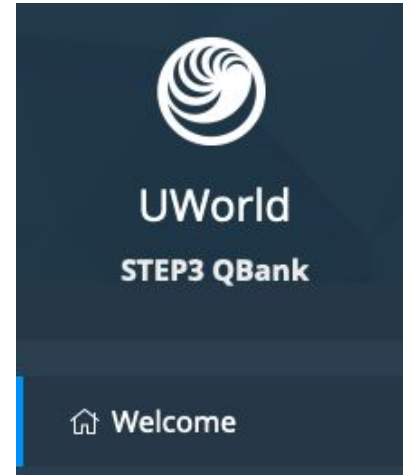
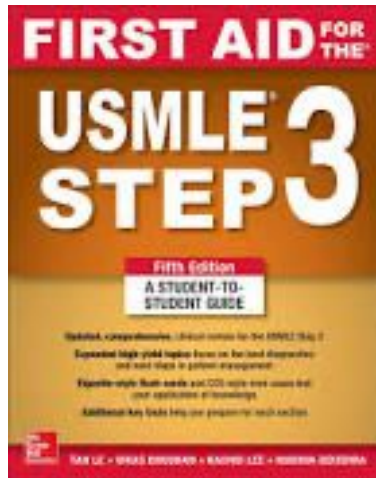
# USMLE Step 3



# When should I complete Step 3?

- Most people complete Step 3 during their **first year of residency**
  - Many clinical scenarios, focused on diagnosis and management, so it's helpful to get some clinical experience before jumping in to this exam
- You may consider applying for it sooner if you are an IMG considering an **H1B visa**, in which case you must have your score in hand before match day

## Step 3 Resources

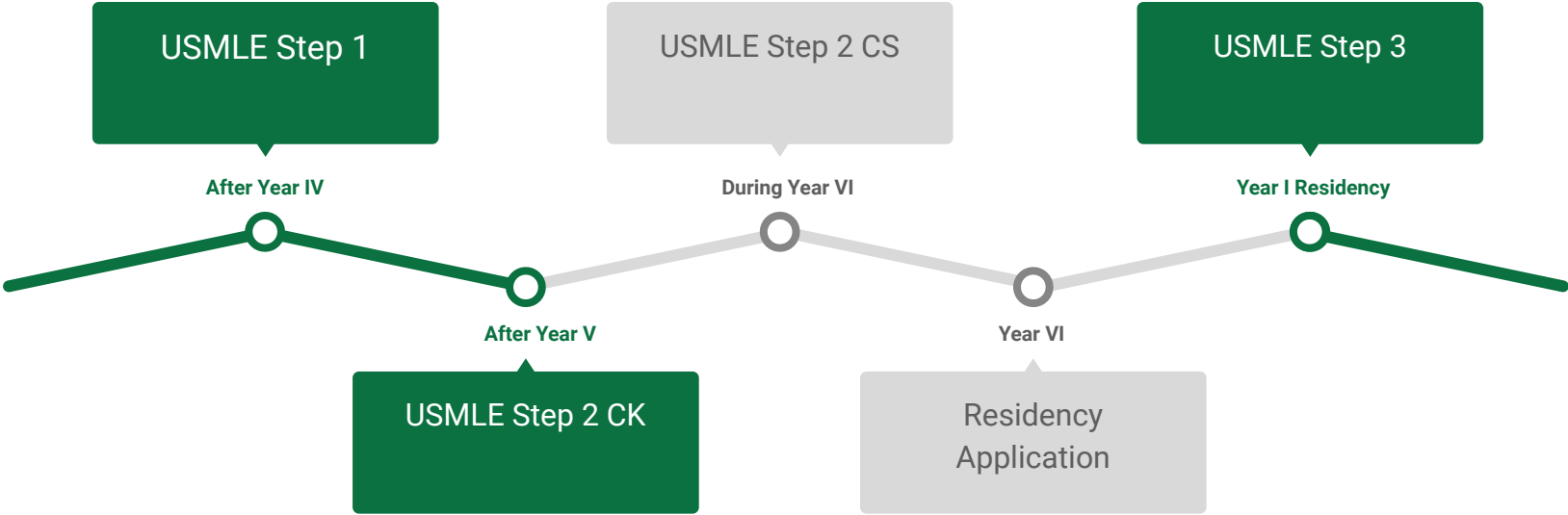




## Just when you think it's over ...

- **Fellowship applications** will require many of the same documents from the Dean's office (medical school transcripts, MSPE/Dean's letter)
- ... and, any and **every new state licensure** will as well!
- If you think your academic career will be a lengthy one, it's worth considering investing in a one-stop-shop credential verification platform: <https://www.fsmb.org/fcvs/credentials-verification-process/>

# Summary of the USMLE Journey



# Helpful Resources



- <https://www.ecfm.org>
- <https://www.ama-assn.org/education/international-medical-education/practicing-medicine-us-international-medical-graduate>
- <https://students-residents.aamc.org/applying-residency/applying-residencies-eras/>
- <https://www.feinberg.northwestern.edu/md-education/current-students/academic-support/preparation-resources/index.html>



*SOME*  
**Good Luck**  
**Vibes**  
*for your journey.*