Match Strategy and Advice

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Topics

• Strategy Principles
• Application Strategy (Aspirational and Practical)
• Interviewing
• Rank Order List (ROL) Strategy
Strategy

• Parallel plan REQUIRED

• Plan ahead
  • Personal statement – specialty specific
    • One page
    • Answer 3 questions
      • Why are you selecting this specialty
      • What traits/skills make you a great ..... Specialist
      • What are your long term goals, what are you looking for in a program

• Audition rotations – plan thoughtfully
• Specialty society residency fairs (OMS 3)
• EM (SVI practice), ENT, Ortho pending
Strategy

• Data
  • NRMP.org – only reporting on 65% of DO’s who matched
    • Charting Outcomes for Osteopathic Students
    • 2018 Program Director Survey

• USMLE – yes or no?
  • 80% of RPDs accept COMLEX
  • Regional, surgical
  • Bad score WILL hurt you!
  • NBME practice tests - Aim to score 10 points over minimum score
Strategy

• Cautions (reasons for not matching)
  • Non-competitive for desired specialty
  • No parallel plan
  • Board scores/academic issues/professionalism issues
  • Didn’t apply/rank enough programs – contiguous
  • Limited geographically
Application Strategy (Aspirational and Practical)

• Apply broadly
  • Geographically
  • Parallel plan

• ERAS
  • READ EVERY EMAIL!
  • All applications completed before July 15, will be dated July 15
  • Ensure accuracy, no re-do’s!
  • More AOA programs added AFTER July 19
Interviewing

• MOST important factor in getting selected for ROL
• Ask which match to rank them in
Rank Order List Strategy

• ROL defaults to the applicant
• Won’t get parallel program
  • Unless no primary specialty match