



KAPLAN MEDICAL

# Residency Guide

**DISCOVER THE  
KAPLAN METHOD**

The Most Personalized  
Prep Experience

[kaplanmedical.com](http://kaplanmedical.com)

**1-800-533-8850**

Kaplan is authorized under federal law to enroll non-immigrant alien students.

\*USMLE is a joint program of The Federation of State Medical Boards of the United States, Inc. and the National Board of Medical Examiners.



## Kaplan Medical: The leader in USMLE® preparation for more than 40 years.

Kaplan helps build futures, one success story at a time, as we help physicians score competitively in order to secure their top-choice residency positions. We have developed this guide to help you navigate the competitive process of obtaining a residency position. Let Kaplan help you succeed in accomplishing the most important next steps in your medical career. At Kaplan Medical, your success is our #1 priority!

## Kaplan Offers the Widest Range of Valuable Resources

Kaplan knows that thorough preparation with expert faculty, proven content, and practice questions are key to a great score—that’s part of the “Kaplan Method,” and that’s why our comprehensive approach to the USMLE has been so successful for so many physicians. Our programs are designed to help you score higher on the USMLE and to improve your candidacy for the residency you want.

### These include:

- ▶ Expert Faculty
- ▶ Personal Learning System (PLS)
- ▶ Highest-Yield Content
- ▶ Content, Question Practice, Exam Simulation, and Strategy
- ▶ Flexible Study Options

## The Road to Residency

Kaplan students know that the many months leading up to a successful candidacy for residency require applicants to prepare for the USMLE, while simultaneously managing the application process and all the many deadlines that entails. Furthermore, in order to secure interviews and favorable rankings, residency candidates must position themselves competitively among their peers. At Kaplan we know that simply passing the USMLE is not your ultimate goal. Your end goal is to obtain residency—we will help you succeed

## THE KAPLAN METHOD

The Most Personalized  
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Content Review

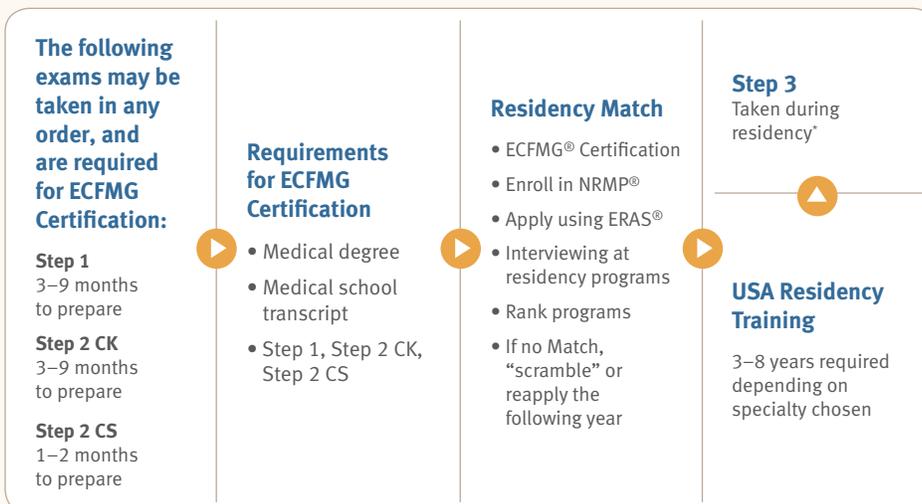


Question Review



Exam Simulation

## The IMG’s Pathway to Medical Licensure in the United States



\*Several state medical boards allow IMGs to take USMLE Step 3 before beginning their residency program.

The U.S. pathway to medical licensure requires completion of a U.S. residency training program. Most programs select candidates using the National Residency Matching Program (NRMP®) also known as the “Match.” In order to qualify to participate in the Match, International Medical Graduates, or IMGs, must obtain certification by the Educational Commission for Foreign Medical Graduates (ECFMG®), which in turn requires the completion of all exam requirements.





## Understanding the National Residency Matching Program (NRMP)

The NRMP oversees the Match. This system of matching candidates to residency training positions allows you to interview and rank preferences, while simultaneously allowing the residency programs to rank those applicants they have interviewed. The preference lists are merged by computer, with results announced on “Match Day” in mid-March.

As a successful applicant, you must prove that you are an excellent fit for the residency program, which is demonstrated by your completed application package.

1. Scores (USMLE)
2. Experience (CV and Clinical Experience)
3. Passion and Leadership (Personal Statement and Interview)
4. Commitment (Letters of Recommendation)

## Match Class

Kaplan has developed the keys to residency success with our virtual class found on your *My Kaplan* page when you register with Kaplan. Match Class offers a series of exclusive services and information that includes:

- ✓ A growing online Video Archive on various topics
- ✓ Online Match Message Board Forum
- ✓ Various Match resources, including placement statistics by residency type and the latest Match information

## What do interviewers look for?

The interview process is the program’s chance to get to know you firsthand, rather than through written materials. They are interested in your motivation for medicine and for their specialty, in your communication skills and personality, in your self-confidence and ability to handle the interview process itself. For IMG candidates, they are especially interested in your English language skills, any clinical experience you bring to the table (particularly from the United States), your understanding of the residency training process, and your ability to fit in with other members of the program.

- ✓ Conducted in late fall/early winter
- ✓ Opportunity for residency program and candidate to evaluate each other
- ✓ Candidates who do not interview with a program generally will not be selected for a program
- ✓ Visit [kaplanmedical.com](http://kaplanmedical.com) for Residency Interview Workshops held at Kaplan centers throughout the year and be sure to practice your interviewing skills prior to going to any official interview

For more information about Kaplan’s services for building interviewing skills, visit [kaplanmedical.com](http://kaplanmedical.com) or call (800) 533-8850.

## Educational Commission for Foreign Medical Graduates (ECFMG)

ECFMG certification is a prerequisite for state licensure for all IMGs. The ECFMG is responsible for making sure that IMGs have met all the minimum requirements before being allowed to seek a residency position through the Match.

R<sub>x</sub>

KAPLAN’S R<sub>x</sub> FOR RESIDENCY

Note that residency programs often rank the importance of applicants’ test scores differently; your probability of matching into your preferred specialty will sometimes be more strongly associated with your Step 1 score, while for other programs your Step 2 CK score may be more important. Researching various programs early to learn what selection criteria they use will help you set appropriate test score expectations, and will help identify your residency options when you are applying.



## Higher Scores Open Doors!

Among the most important components of your residency application is a strong performance on the USMLE. Due to large numbers of applicants, most programs do not have time to consider every application and rely on USMLE scores as a preliminary means of filtering which applications to review and which to ignore.

## About the Exams

**USMLE Step 1** tests knowledge of the Basic Medical Sciences (subjects typically learned in the first two years of U.S. medical school).

**USMLE Step 2 CK** tests Clinical Science Knowledge (subjects typically learned in the third and fourth years of U.S. medical school).

**USMLE Step 2 CS** is a “practical” live exam using standardized patients that is meant to test a candidate’s English communication and clinical skills.

**USMLE Step 3** tests Patient Management Skills at the level of a first-year resident.

## IMPORTANT:

## International Medical Graduates Need More Than a Passing Score

Programs generally look for USMLE scores above 216/88, with competitive programs often seeking much higher scores. Most programs require applicants to have passed the exam on the first attempt or a very limited number of attempts, while highly competitive programs may only offer interviews to IMGs with scores above 225. Plan ahead to ensure that you are able to meet the various Match deadlines. At Kaplan Medical you can prepare thoroughly and gauge your progress so that you can reach your highest score on your first attempt.



*With my personalized study guide, I was able to direct my attention to my weaker subject areas. It gave me the confidence I needed going into test day and I highly recommend PLS to anyone taking the USMLE.*

—Diana Aldape, Kaplan Medical Honor Society Member

## Residency Checklist

Kaplan's experience and staff support, help simplify the residency application process so you can feel confident you will not miss anything along the way. Use the checklist below to track your progress as you travel the road to residency.

### 1 Research Potential Residency Programs

- Get advice from your peers, conduct research online, and attend *free* Kaplan events to gain insight into the USMLE and the NRMP matching process
- Meet with a Kaplan advisor to plan your personal pathway to medical licensure in the United States
- Determine the eligibility requirements of your desired residency programs (In addition to competitive USMLE scores, participation in U.S. clerkships, and additional clinical or research experience may help improve your candidacy)

### 2 ECFMG Certification

- Register with the ECFMG via OASIS to begin your application to take the USMLE
- Submit your diploma and medical school final transcript to ECFMG (Transcript must be translated in English; medical school and graduation year must be listed in the IMED)
- Schedule, take, and pass USMLE Steps 1, 2 CK, and 2 CS (Must be passed within a seven-year time period. Ideally, all scores should be available by September 1, prior to applying to programs)

### 3 NRMP

- Apply for a token (AAMC ID #) via ECFMG's OASIS system
- Use token to open up Electronic Residency Application Service (ERAS) application workspace
- The following application components must be submitted to ERAS no earlier than July 1, but ideally by September 1
  - Profile
  - Personal Statement
  - Common Application Form
- Supporting documents should be submitted to ECFMG for scanning and uploading to ERAS by August 1
  - Letters of Recommendation
  - Medical Student Performance Evaluation (MSPE)
  - Medical School Transcript

### 4 Apply to Residency Programs (September)

### 5 Interview as Scheduled (November–January)

### 6 Send Thank You Letters Following Program Interviews

### 7 Submit Rank Order List via ERAS (late-February deadline)

### 8 Match in Mid-March

## Helpful Resources

Kaplan Medical is committed to helping physicians prepare for the required medical licensing exams. Below is a list of resources we hope will help you in your journey to becoming a licensed physician in the United States.

LICENSING EXAMS AND CERTIFICATION		
▶ <b>USMLE</b>	<b>United States Medical Licensing Examination</b> Exam updates and general exam information, latest fees.	<a href="http://www.usmle.org">www.usmle.org</a>
▶ <b>ECFMG</b>	<b>Educational Commission on Foreign Medical Graduates</b> Certification and Applying to take Steps 1, 2 CK and Step 2 CS.	<a href="http://www.ecfm.org">www.ecfm.org</a>
▶ <b>ECFMG Reporter</b>	To subscribe to e-mail announcements from ECFMG regarding important news.	<a href="http://www.ecfm.org/reporter/">www.ecfm.org/reporter/</a>
▶ <b>Kaplan Medical</b>	Board review and other applicable information.	<a href="http://www.kaplanmedical.com">www.kaplanmedical.com</a>
▶ <b>SLM Financial®</b>	Kaplan works with this Sallie Mae company to help you finance the cost of your USMLE preparation.	<a href="http://www.salliemae.com/ctl">www.salliemae.com/ctl</a>
RESIDENCY RESEARCH AND APPLICATION		
▶ <b>ERAS®</b>	<b>Electronic Residency Application Service</b> A service that transmits residency applications, letters of recommendation, Dean's Letters/MSPE, transcripts, and other supporting credentials from applicants and medical schools to residency programs via the Internet.	<a href="http://www.aamc.org/eras">www.aamc.org/eras</a> <a href="http://www.ecfm.org/eras">www.ecfm.org/eras</a>
▶ <b>FREIDA®</b>	<b>Fellowship and Residency Electronic Interactive Database</b> Online database of 8,200 Graduate Medical Education Programs.	<a href="http://www.ama-assn.org/ama/pub/category/2997.html">www.ama-assn.org/ama/pub/category/2997.html</a>
▶ <b>FSMB</b>	<b>Federation of State Medical Boards</b> Information about State Medical Boards and Applications for Step 3.	<a href="http://www.fsmb.org/usmle_eliinitial.html">www.fsmb.org/usmle_eliinitial.html</a>
THE MATCH AND SCRAMBLE		
▶ <b>NRMP</b>	<b>National Residency Match Program</b> This is the main residency match with the majority of specialties participating.	<a href="http://www.nrmp.org">www.nrmp.org</a>
▶ <b>San Francisco Match</b>	Handles the residency matches for the following specialties (and similar fellowships): Child Neurology, Ophthalmology, Plastic Surgery, Neurology.	<a href="http://www.sfmatch.org">www.sfmatch.org</a>
▶ <b>American Urological Association</b>	Handles the residency match for Urology only.	<a href="http://www.auanet.org">www.auanet.org</a>
▶ <b>FindA Resident™</b>	Electronic service provided by AAMC that lists open residency positions year round. Particularly helpful for locating open positions between Match cycles or positions that begin off-cycle. Works in conjunction with ERAS. Fees apply.	<a href="http://www.findaresident.com">www.findaresident.com</a>



## Highest-Yield Content

Lectures, review notes, and study questions are only as good as the people who contribute to them. Kaplan Medical's research team selects the topics for review that are most likely to be tested and are most important for exam success.

Our high-yield content does not neglect information vital to your understanding of key concepts; it thoroughly covers all exam subjects, without sacrificing the quality of one subject for that of another.

We have also designed the Lecture Notes in such a way that they promote active studying and topic integration. Revised routinely to reflect the latest exam trends and student feedback, you can think of your notes as containing the combined experience of thousands of test takers just like yourself!

## The Kaplan Method The Most Personalized Prep Experience

### *Content Review + Question Review + Exam Simulation*

Only Kaplan provides you with the best content review, question review, and exam simulation that you will need to be successful on test day. With the Kaplan Method we have developed the most robust, comprehensive approach to exam preparation that also includes detailed explanations to deepen your understanding of difficult test questions. And only Kaplan is able to provide this distinct *personalized* strategy that allows you to develop a study timeline to fit your specific needs.

Design a course that meets your study and score goals to increase your chances of matching to the residency you want. With the Kaplan Method applied to each of our core programs, you can apply our revolutionary exam approach to your preferred courses. You can conveniently combine the best of what Kaplan has to offer with our unique Live and Center courses.



KAPLAN'S **R<sub>x</sub>** FOR RESIDENCY

Research your programs early on so you will know what you need to do to improve your candidacy. Rest assured, if you have prepped with Kaplan, your scores will pay off, allowing you to focus more time on your applications.

## THE KAPLAN METHOD

### Content Review + Question Review + Exam Simulation

Gain deeper subject comprehension in a highly interactive learning environment and reinforce your studies with dynamic video content review.

Practice exam-style questions and modify your approach as you learn key concepts and material at your own pace and discretion.

Build confidence for test day and gain invaluable insight into your test-taking behavior as Kaplan replicates the USMLE experience.

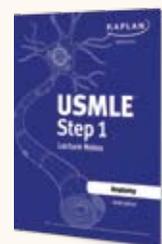


## Unique Kaplan Resources Personal Learning System (PLS)

We understand that preparing for the USMLE can seem like an overwhelming task. Kaplan Medical’s innovative PLS is an interactive study tool that will analyze your test scores and create a personalized study guide customized to your strengths and weaknesses. A feature of select Step 1 and Step 2 CK review programs, PLS helps you focus on the topics that you need to improve and provides suggestions for remediating weak areas. PLS allows you to study with confidence by helping you cover the highest yield material as efficiently as possible.

**PLS also organizes many of your testing resources so you are able to focus on areas of improvement. Take advantage of the following resources:**

- ✓ Topical Quizzes
- ✓ Subject-Based Assessment Tests
- ✓ Diagnostic Exam
- ✓ Full-Length Exam Simulation



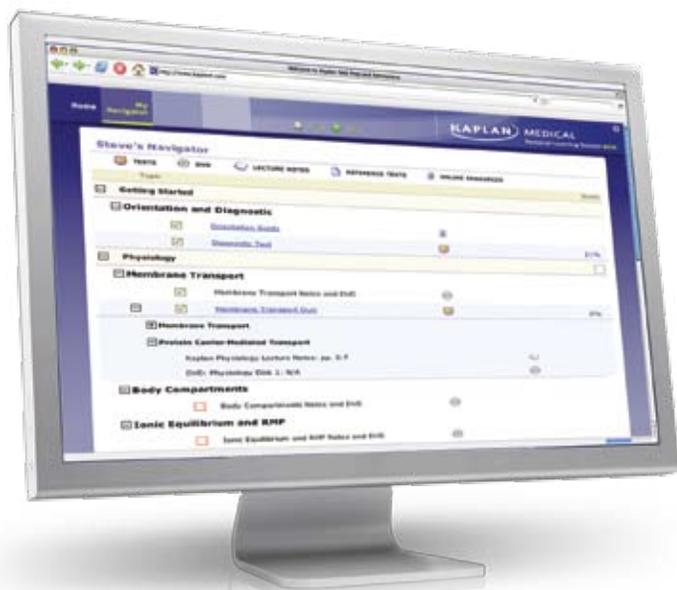
### USMLE Step 1 Lecture Notes: (Eight Books)

- Anatomy
- Behavioral Sciences
- Biochemistry and Medical Genetics
- Immunology and Microbiology
- Pathology
- Pharmacology
- Physiology
- Qbook



### USMLE Step 2 CK Lecture Notes: (Six Books)

- Internal Medicine
- Obstetrics and Gynecology
- Pediatrics
- Psychiatry and Ethics
- Surgery
- Qbook





## Kaplan's Personal Guidance

As you travel the road to residency, we encourage you to get informed, ask questions, and take charge of your destiny as you employ the Kaplan Method. Kaplan Medical is excited to be a part of your success and we look forward to serving you in the very near future.

### FIRST THINGS FIRST:

**Meet with a Kaplan advisor, schedule a diagnostic exam, and choose your Kaplan Medical review program.**

## Getting Started with Step 1

Kaplan understands that students have different study needs. Students who match some of the characteristics in the chart below will be ideally suited to the study lengths indicated. To help you determine which program best fits your needs, make an appointment with a Kaplan advisor who can schedule a *free* diagnostic test and help you build a study timeline. Please refer to the chart below and review with a Kaplan advisor to build a review plan and residency preparation timeline.

Length of Study			
Step 1 Courses	COMPREHENSIVE	INTERMEDIATE	BASIC
<b>History/ Background</b>	<ul style="list-style-type: none"> <li>▶ Applying to extremely competitive programs with time to devote completely to board prep</li> <li>▶ Previous exam failure or very low diagnostic scores</li> <li>▶ Candidates who need to strengthen their academic foundations</li> <li>▶ Candidates whose English is less than fluent will also benefit from this immersion-style environment, with ample opportunity for repetition</li> <li>▶ IMGs who have graduated more than 5 years ago</li> </ul>	<ul style="list-style-type: none"> <li>▶ Applying to competitive programs</li> <li>▶ Modest diagnostic scores</li> <li>▶ Candidates with a mostly solid academic foundation and with a few especially weak areas</li> <li>▶ Satisfactory English skills, requiring infrequent repetition</li> <li>▶ Candidates who have graduated 1–5 years ago</li> </ul>	<ul style="list-style-type: none"> <li>▶ Solid diagnostic scores—may only need a few points to reach their goal with confidence</li> <li>▶ IMGs who are academically very strong</li> <li>▶ Very fluent English skills</li> <li>▶ Offshore medical students or other IMGs who have recently completed their coursework or graduated less than 1 year ago</li> </ul>
<b>CenterPrep</b> Flexibility, Independent Study	9 Months	6 Months	3 Months
<b>LivePrep</b> Structure, Interaction	16 Weeks*	14 Weeks	7 Weeks

\*Not a stand-alone LivePrep course—must be combined with 7- or 10-month CenterPrep.

## Meet Our Faculty

Kaplan's instructors are the heart and soul of our program. With more than 70 faculty members, Kaplan programs all feature experts in their respective fields who are also highly evolved teachers in the classroom. At Kaplan we know that being a content expert is not enough; our faculty also must be able to teach effectively—and more importantly, teach directly to the test! Our faculty are the “A” list in education and test preparation, setting the bar in USMLE preparation.

- ✓ Include U.S. medical school faculty and practitioners
- ✓ Integrate methods and resources developed from feedback by thousands of students
- ✓ Offer unique insights into the high-yield content of the USMLE

### Meet just a few of Kaplan's Expert Faculty:



#### Dr. Elmar P. Sakala

M.D., Loma Linda University | M.A., Walla Walla University  
M.P.H., Loma Linda University

- ▶ *Teacher of the Year Award: 4-Time Winner* (Loma Linda University School of Medicine)
- ▶ *Best Obstetric and Gynecological Doctor in America: 3-Time Winner* (Loma Linda University School of Medicine)
- ▶ Author—Obstetrics and Gynecology (Board Review Series)



#### Dr. David Seiden

Ph.D., Temple University

- ▶ Alpha Omega Alpha Medical Honor Society Member
- ▶ *UMDNJ Excellence in Teaching Award*
- ▶ *Robert Wood Johnson Teaching and Service Award*



#### Dr. Salvatore Turco

Ph.D., University of Pittsburgh School of Medicine  
Postdoctoral Period, Massachusetts Institute of Technology

- ▶ *Silver Pointer Best Teacher Award: 11-Time Winner* (Awarded By First-Year Medical Students)
- ▶ Author—More than 150 articles in peer-reviewed journals
- ▶ Co-author—Kaplan Medical Biochemistry Lecture Notes



#### Dr. Manuel A. Peñalver

M.D., University of Miami School of Medicine

- ▶ Chairman, Department of Obstetrics and Gynecology  
FIU School of Medicine
- ▶ *Doctor of the Year in Miami, Florida Winner* (Baptist Hospital Surgical Services)
- ▶ Author—Numerous peer-reviewed journals, textbooks and chapters





*I can't believe these events are actually free! I used specific tactics I learned at a couple free events on the actual exam and now hope to Match with one of my top residency choices. Thanks, Kaplan!*

—Fahmida Yasmin, Kaplan Medical Honor Society Member

## Free Events

Get the information you need on attaining residency, the Match, the USMLE, test-taking strategies, and much more. Register for a *free* event today!

**Here are just a few of the events Kaplan Medical will be hosting:**

- ▶ Learn How to Personalize Your Study for Step 1 and Step 2 CK
- ▶ Interviewing for Residency
- ▶ Personal Statement Workshop
- ▶ Inside the Step 2 CS
- ▶ Begin Your ERAS Application
- ▶ USMLE\* Test-Taking Strategies
- ▶ How to Match to a Residency



**Sign up for the *free* Residency Match Toolkit.**

Get *free* information, reminders and other services regarding the Match. To sign up, go to [kaplanmedical.com/toolkit](http://kaplanmedical.com/toolkit).