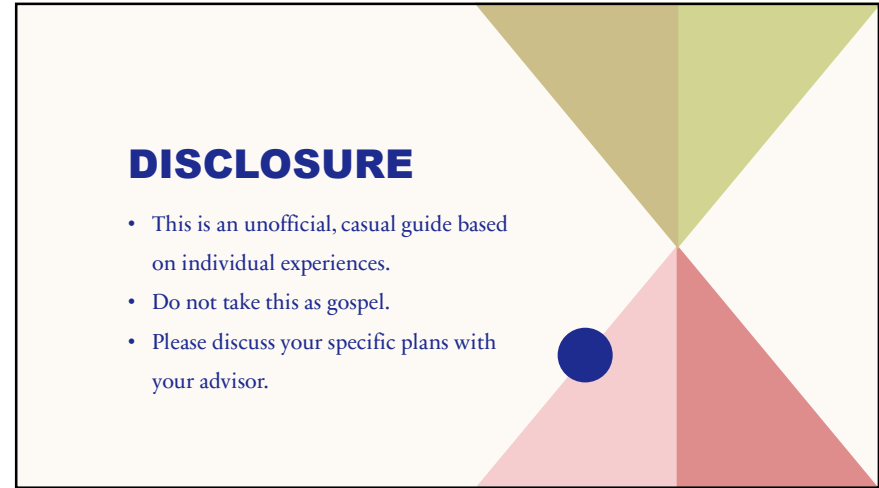
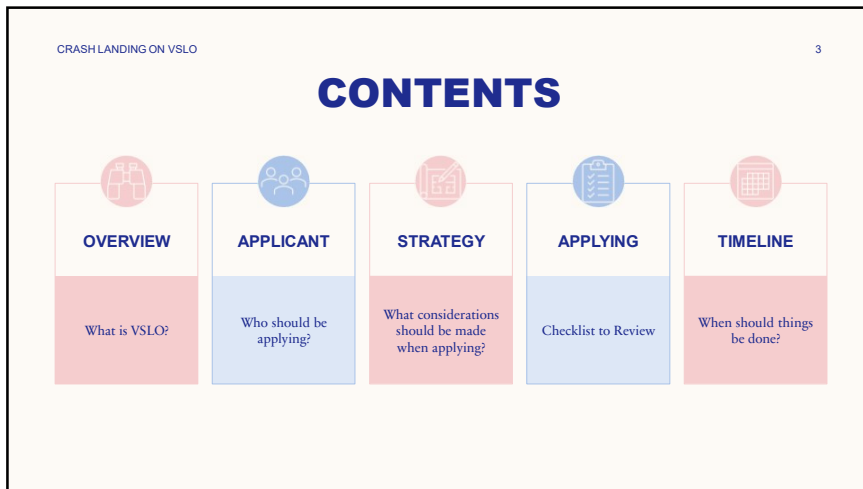




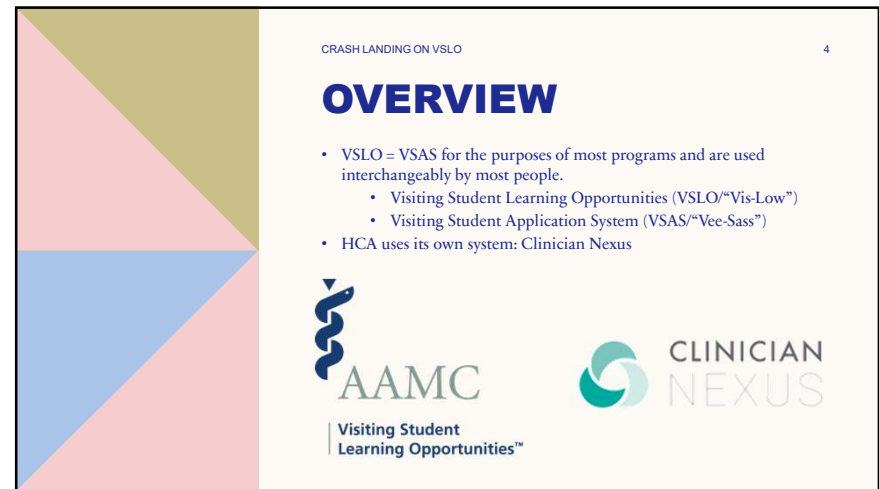
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4

CRASH LANDING ON VSLO 5

OVERVIEW





2 week – 4 week-long rotations

- Structure is similar to M3 rotations
 - If you are accepted to an elective, you show up on Day One to complete orientation and then work with your team(s) for the rest of the time depending on the elective
- More independence ☺
 - Learn about different institutions and residency programs' culture to see if it's a good fit
 - No standardized testing
 - Focus on your interests
- High(er) stakes ☹
 - Always "ON" and often busy
 - No guaranteed mid-rotation feedback

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CRASH LANDING ON VSLO 6

THE APPLICANT

			
COMPETITIVE SPECIALTY Surgery/ROAD	DESIRE A LOCATION NE/CA/CO/PNW/School	EXPAND HORIZONS Explore the Unknown	ANY OF MANY Personal Reasons

6



STRATEGIES

Making the Most out of Your Fourth Year

7

HIGHLIGHTS OF REQUIREMENTS

As of the 2022-2023 academic year...

- You **must** complete...
 - One Acting Internship
 - One 4-week EM/Critical Care rotation
 - Total of 4 weeks of clinical courses after winter break (blocks 8-11)
- You **can** do...
 - Up to 16 weeks/4 away electives
 - Up to 12 weeks of non-clinical rotations
 - **NO** more than four electives/16 weeks in the same core area
 - Surgery, IM, pediatrics, neurology, psychiatry, radiology, pathology, etc.

IMPLICATIONS FOR YOU

- Up to 4 specialty specific aways + 1 specialty relevant critical care
 - MICU
 - SICU
 - Neuroscience ICU
 - NICU
 - PICU
- Example:
 - 1 AI at Nemours (Home Institution)
 - 3 Inpatient Away Electives
 - 1 Critical Care Away Elective
- Make the most of your downtime

CHECK WITH YOUR M4 CATALOG & DEANS & REGISTRAR

8





CRASH LANDING ON VSLO 9

YOU DO NOT NEED TO DO FOUR WAYS TO BE SUCCESSFUL WHEN YOU APPLY FOR RESIDENCY.

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CRASH LANDING ON VSLO 10

CONSIDERATIONS

 OPPORTUNITIES AI/Sub-I IP/OP Electives Research/Non-Clinical	 FINANCES Labs/Immunizations Background Check Application Fees Elective-Specific Fees Travel Costs Living Expenses Transportation	 ENERGY Always Curious Always Amicable Always Trying Meal Prep/Eating Out Variable Work/Sleep Hours	 OTHERS Family Friends Relationships ERAS Local Connections Hobbies
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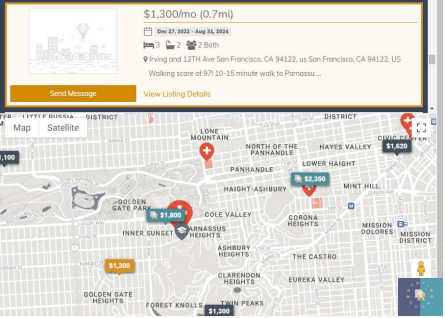
10

CRASH LANDING ON VSLO 11

SAMPLE EXPENSES

- VSLO Application Fee
 - \$40 for up to 3 electives
 - \$15 for each additional application
- Background Check: \$20 and up
- Labs/Immunizations: \$290
- UCSF Visiting Student Fee: \$300
 - Others vary, typically expect \$50 and up
- Round-Trip Flight (MCO-SFO): \$832
- Short-Term Housing: \$1000 and up
- Transportation: Walk/Car/Rideshare/Bus
- Food: \$8-10/meal at UCSF Parnassus
- Other necessities: \$50/wk




Running Total: \$3185



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CRASH LANDING ON VSLO 12

TIMING OF AN M4 AWAY

 JULY 1 – OCTOBER 1 <ul style="list-style-type: none"> Block 1/July: STEP 2 except for extenuating circumstances Blocks 2&3/Aug-Sept: Acting Internships/Sub-Is September 28 (2022): Residency App (ERAS) Submission Deadline 	 OCTOBER 1 – JANUARY 1 <ul style="list-style-type: none"> Interview Season Best time for low-commitment/non-clinical electives Caution with aways now d/t scheduling conflicts, but can consider for one opportunity as your skills will likely be at their best 	 JANUARY 1 – MARCH 1 <ul style="list-style-type: none"> An away can complete UCF requirement for 1 clinical elective Potential to count as "interview" Last chance at meeting with a program before submitting your rank lists for residency programs
--	--	--

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ADDL. CONSIDERATIONS

- Orlando Health/ORMC has a friendly relationship for M4 opportunities
- Try to insert "downtime" between aways to recharge and take care of other responsibilities (ERAS, health appointments, car repairs, etc.)
- VSLO Coordinator \approx Dept Coordinator
 - You can try to reach out to department/program coordinators directly for opportunities if they do not have VSLO options listed. No guarantees.
- **Etiquette of Applications**
 - Decline before offer > Decline when offered
>>>> Withdraw after accepting offer

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NON-CLINICAL FAVORITES

- MDR 8900 Independent/Research Study
- MDE 8093 Clinical Anatomy Teaching Elective
- MDE 8900 Aquifer
- MDE 8040 Medical Spanish
- MDE 8097 Wiki Project

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APPLYING

vslo.aamc.org

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“CREATE A DEDICATED VSLO FOLDER ON YOUR ONEDRIVE”

- M4 Wisdom

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IMED 022 - EL Internal Medicine Oncology Outpatient or Inpatient Elective

Elective Information
 Department: Internal Medicine
 Specialty: Internal Medicine
 Institution Type: Medical School
 Elective Location: New Haven, CT or as listed in the elective description
 Dates Offered: 02/27/2023 - 03/24/2023, 03/27/2023 - 04/21/2023, 04/24/2023 - 05/19/2023

Application Requirements
 Institution: Yale School of Medicine
 Elective Type: Clinical
 Instruction Type: In-Person
 Available For: MD Clinical, MD Clinical
 Available To: Students
 Max Students per Faculty member: 1
 Language of Instruction: English

Find Electives

Filters
 Institution: Select Institution
 Specialty: Select Specialty
 City: Select City
 Instruction Type: Select Instruction Type
 Available For: Select Available For
 Available To: Select Available To
 Language of Instruction: Select Language of Instruction
 Max Students per Faculty member: Select Max Students per Faculty member
 Language of Instruction: Select Language of Instruction

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CRASH LANDING ON VSLO

EXAMPLE: PITT/UPMC

- You are responsible for the things listed under "applicant" responsibility.
- Notice that there's a lot of requirements. Some applicants will be discouraged by it or take longer to complete requirements.
- You can benefit from the relative "first come first serve" policies of many rotations by completing these requirements early and having everything ready when they start opening for submission.

Application Requirements	Responsibility
COVID-19 Vaccination Question	Applicant
Personal health insurance	Applicant
AAMC Standardized Immunization Form	Applicant
Identibo Receipt for fingerprinting or completed Act 73 Report	Applicant
Malpractice/liability insurance	Home School
PA Act 33 Child Abuse History Certification	Applicant
PA Act 73 FBI Fingerprinting Clearance Report	Applicant
PA Act 34 Criminal Record Check	Applicant

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CRASH LANDING ON VSLO

MATERIALS FOR APPLYING

- Headshot
 - Find that old picture you used for matriculation or get ahead with a new one for ERAS applications
 - I used my old one (left) for VSLO. My ERAS application headshot (right) was a lot fancier, and I spent more time getting things done for it with a new haircut and photographer.
- AAMC Immunization Sheet
 - Same one as for matriculating to medical school. Easiest to start with referencing your old one for filling out the sheet again.
 - Put all your immunization, titer, and screening records in one folder for quick reference.

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CRASH LANDING ON VSLO

MATERIALS FOR APPLYING

- Drug Screen
 - 10-Panel Urine Drug Test
- Respiratory Mask Fit
 - You should have gotten one ahead of M3 year.
 - Depending on your rotation site(s), you may have gotten a more recent mask fit.
 - UCF will schedule you for one in May of your M3 year.
 - Many institutions will accept your older one during your initial application and then may request an updated one after acceptance of offer.
- COVID Vaccination Card
 - Have a digital copy on hand

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CRASH LANDING ON VSLO 21

MATERIALS FOR APPLYING

- ✓ Background Check
 - SentryLink (\$20): <https://www.sentrylink.com/>
- ✓ NPI
 - <https://nppes.cms.hhs.gov/>
 - "The NPI is a Health Insurance Portability and Accountability Act (HIPAA) Administrative Standard. An NPI is a unique identification number for covered health care providers, created to help send health information electronically more quickly and effectively. Covered health care providers, all health plans, and health care clearinghouses must use NPIs in their administrative and financial transactions."





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CRASH LANDING ON VSLO 22

MATERIALS FOR APPLYING

- ✓ Proof of Health Insurance
- ✓ Proof of BLS/ACLS
- ✓ Curriculum Vitae
 - Brush the dust off your CV
 - UCF CV Toolbox
 - <https://med.ucf.edu/student-affairs/gps-a-good-place-to-start/compass/career-advising/roadmap-to-residency-2/cv-toolbox/>
 - Save as PDF for upload to avoid formatting issues

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CRASH LANDING ON VSLO 23

MATERIALS FOR APPLYING

- ✓ Letter(s) of Recommendation (LOR)
 - Aim for 1-2 letters
 - **Make sure your writers include official letterhead and their signature**
 - Waive your rights to see the letter and direct your writer to send it to the registrar (Casey & Alisha) at: mdclinicalsheduling@ucf.edu
 - The department chair and/or clerkship director can be a great resource!
 - Keep these people in mind for ERAS LORs
- ✓ 1-Page Personal Statement
 - Some LOR writers may request a copy before they will write your letter
 - Doesn't have to be polished
- ✓ List of Goals



UNIVERSITY OF CENTRAL FLORIDA

Division, School, College, or Other Name

Address line one (use PO Box if on campus)

Address line two (use ZIP+4)



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CRASH LANDING ON VSLO 24

SCHOOL RESPONSIBILITIES

- ✓ Transcript
- ✓ Letter of Good Academic Standing
- ✓ Certificate of Liability (Malpractice Insurance)
- ✓ Affiliation Agreement
- ✓ UCF COM Evaluation Form
 - <https://med.ucf.edu/media/2011/08/UCF-COM-2016-2017-Evaluation-Form-1.pdf>

University of Central Florida
College of Medicine
4th Year Elective Student Performance Evaluation

STUDENT NAME: _____ HOW INSTITUTION: _____
CLERKSHIP NAME: _____ CLERKSHIP DATES: _____

PLEASE ELABORATE ON ANY SCORES OF UNSATISFACTORY IN THE COMMENT SECTION AT THE END OF THE EVALUATION*

Patient Care <i>Evaluated through direct observation</i>
1. Patient Care (compassionate, appropriate, effective) Satisfactory Unsatisfactory Unable to evaluate
Medical Knowledge <i>Evaluated through direct observation, direct questioning during clinical care and teaching experience, patient presentation</i>
2. Medical Knowledge (history, physical, signs and symptoms, and their application) Satisfactory Unsatisfactory Unable to evaluate
Practice-based Learning and Improvement <i>Evaluated through progressive, graded improvement in clinical care and where applicable, procedures and surgical technique. Use of evidence-based medicine in resident clinical care.</i>
3. Practice-based learning and improvement (Investigation and evaluation, appraisal and assimilation of evidence) Satisfactory Unsatisfactory Unable to evaluate
Professionalism and Communication Skills <i>Evaluated through direct observation of interactions with other students, attending physicians, residents, physicians. Includes ethics, non-physician clinical staff, and patients and their families.</i>
4. Interpersonal and communication skills (effective information exchange, working with patients and families) Satisfactory Unsatisfactory Unable to evaluate

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CRASH LANDING ON VSLO

APPLICATION NOTES

- Remember that you can hit the submit button as many times as you want. Just get the first application in early so that COM can start processing your other paperwork.
- Review the terms for specific programs before you apply so that you don't look bad or shoot yourself in the foot.
 - For instance, Mayo Clinic's 2022 VSLO requirements (right) essentially state that you can only apply once on VSLO to their institution in your lifetime, can apply to only one of their campus sites, and can only choose 4 date ranges total.

Number of Elective Applications (continued)

Description

number of elective applications

By checking this box I acknowledge that I acknowledge that I may only apply to Mayo Clinic once per lifetime. Students can only apply for one application cycle within their final year of medical school. For more information on application cycles, deadlines and admissions criteria, please see our website.

CLOSE

Number of Elective Applications (continued)

Description

number of elective applications

By checking this box I acknowledge that I acknowledge that I am allowed to apply to only ONE Mayo Clinic campus (AZ, FL or MN). Applications submitted to more than one campus will NOT be reviewed.

CLOSE

Number of Elective Applications

Description

Number of Elective Applications

By checking this box I acknowledge that I acknowledge that I may submit up to a total of FOUR applications to Mayo Clinic, ranked in order of preference (1-4). Applications for ONE elective with FOUR different date ranges count as FOUR total applications. All applications submitted over the maximum FOUR allotted will NOT be reviewed. You may only submit a total of FOUR applications.

CLOSE

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TIMELINE

NOW

JAN-FEB (M3)

MAR-APR (M3)

MAY (M3)

JULY (M4)

- Specialties
- Set up PCP appt
- Find old AAMC immunization form
- Proof of BLS/ACLS
- Proof of Health Insurance
- Headshot (Old/ERAS)
- Apply for NPI

- Check-in with Chair
- Request LORs
- Sign on to VSLO
- Peruse & Save Electives
- Drug Screen/Labs/Immunizations
- Background Check
- Update CV
- First Draft of PS
- List Goals of Rotation

- Submit VSLO Applications
- Choose Offers
- Book Housing/Flights

- Finalize **Initial** M4 Schedule
- Formally request ERAS LOR from Chair

Off you go!

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GOOD LUCK!

It's gonna be a great year.

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Presentation title

QUESTIONS?

?

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