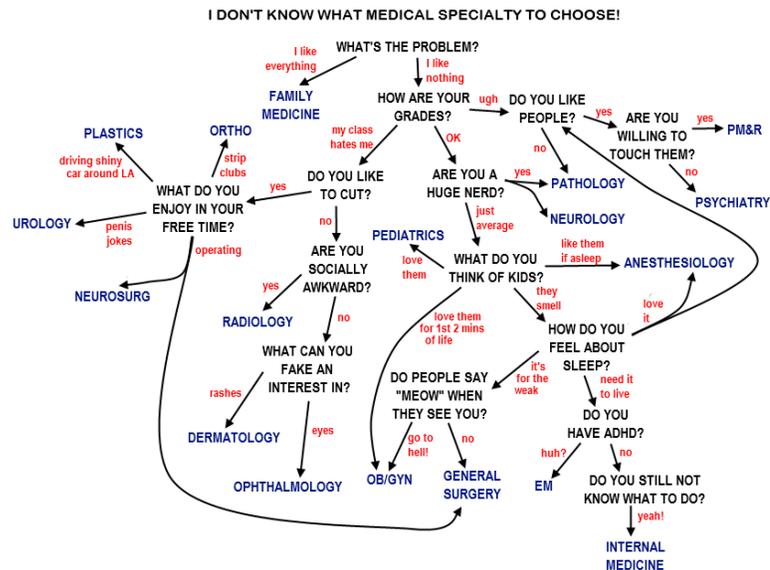


## CaRMS Tips

### Applications

- It's not too early to start *thinking* about (but it *is* too early to stress about) CaRMS.
- Get your CV updated. The CaRMS webpage wants months so start digging through old emails to find those. Time to practice some detective work.
- Writing applications is a great opportunity for self reflection. Enjoy the process. Let your true self shine in your letters.
- Some programs require you write the Casper exam. There are only a few dates that you can write it. Find those dates early so that you don't miss it (it was early October for me). I would recommend writing it even if the places aren't top of your list – you don't want to limit yourself early.
- Apply broadly. Like everywhere and anything you may have any interest in. It's better to get lots of interviews and turn some down to not get enough and end up stressed. Also, some places I went to I was super surprised by and ended up ranking high despite considering not even applying. You can leave stuff off your rank list later, you can't really add them later.



### Interview offers

- Be ready for when these start coming out. Many will have first come first serve for interview dates/times (I also encountered one interview offer that sent more offers than interview spots so answer quickly).
- Set out a calendar with all the possible interview dates for each place you applied. Then, when things come out it'll be fast to decide which day works best. But be as flexible as you can because you may have some that just give you a day and others where the day you want filled up.

I like having plans



but sometimes even the  
best plans have other plans

Beth  
Evans

- Make sure you check your junk folder too – offers do end up in there.
- Last year, on premed101 forums people posted when interview offers came out. Some offers did seem to come out staggered at different times, so take these with a grain of salt. However, if you see one that you really, really wanted but didn't get, phone or email the program to see if they have a waitlist – many do. If they don't, then there's no harm in asking. If they do, then it'll be better to be nearer to the top of it.

## CaRMS Tour

- Booking flights 101
  - o Boxing day sales.
  - o CSMF has discount codes for hotels and flights. But be warned, the flight codes are not for the cheapest type of ticket and could actually cost more to book the flight if you use the code. Check both with and without the code when looking up flights.
  - o Search flights in a private window – apparently flights can end up costing more if you search it a few times from your computer.
  - o If there's a tight travel time between interviews, pick the best flight and book it right away.
  - o Multi-city flights - avoid these. If you have to change any leg of it, anything afterwards unravels (they may not let you board, it'll cost you extra fees etc.).
  - o I hear Nexium cards let you skip lines and board early. But they take a while to get so look into this early too.
  - o Some banks (?RBC) let your get priority status cards (ie lounge with free yummy food) – might be worth getting a new bank account for the tour.
  - o Check your ID expiry date. Actually check it. Like right now. You don't want to be in Newfoundland taking your watercraft license to fly out before the snow storm (not that any dholes would know anything about that).

- As you book flights and hotels, don't forget to check your credit card (maybe consider adding some money into it) – you don't want to go over your limit and not have access to funds mid way through the tour.
- Clothes
  - o Be comfy on the planes.
  - o Mostly people wore suits (pants or skirts) to interviews. A couple nice dress shirts without jackets showed up here and there.
  - o Socials – this is a bit of a mystery to me still. Often quite casual – I wore sweater dresses.
- Remember those pocket snacks? Now backpack snacks come into play.
- As hard as it can be, try to take care of yourself during CaRMS tour.



- Sleep aids



- o Sleeping on planes is hard – don't find this out during CaRMS when you have multiple overnight flights booked. A pillow, a warm scarf/sweater/blanket, earplugs (or buds for music or sleep stories) and some meds may help.
- o I recommend if you plan on using any of sleep aids to try them out over the Christmas break to make sure you're not super groggy when you only have 4 hours to sleep on a plane between time zones and interviews.
- Packing
  - o No checked luggage. No! Don't do it. If it's lost it'll never find you again during CaRMS.
  - o Use your med school backpack. Apparently, some people get big cheques from MDfinancial on their tour. Also, you will find others to chat with, and share taxis with too.

## Socials

- I found these very useful. Get to know what the residents are like. Ask questions.

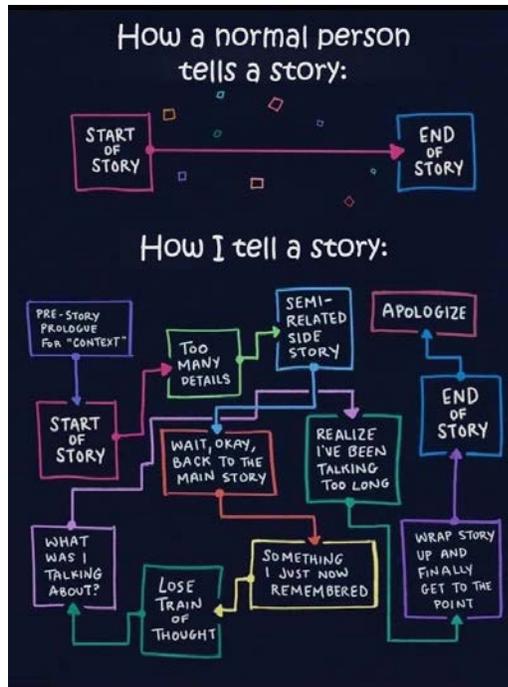
- I tended to ask about program weaknesses during socials, strengths during interviews (have them thinking positively during the interview while you're sitting there getting graded). Manipulative? Or Psychology 101? Don't care – be strategic about what questions you ask when.
- If they are the night before, you can use them to figure out what strengths are of the program. Then, the next day when they ask you 'why this program', you'll have a good answer.
- Some people say more important for smaller programs. I think more important the day before interview. Day of, decide between getting a better feel of the residents and asking any leftover questions and sleeeeeeeep.

## Interviews

- There are some questions you can expect/prepare for:
  - Tell me about your self
  - Explain \_\_\_\_ from your resume
  - Why this specialty?
  - Why here? ← remember the sleuthing you did at socials the night before. Here's where it comes into play
  - What would you bring to this residency program
  - Tell me a time when \_\_\_\_:
    - you made a mistake,
    - you failed,
    - you overcame something,
    - each of the canmeds roles (for this one, try to think of clerkship examples if possible)

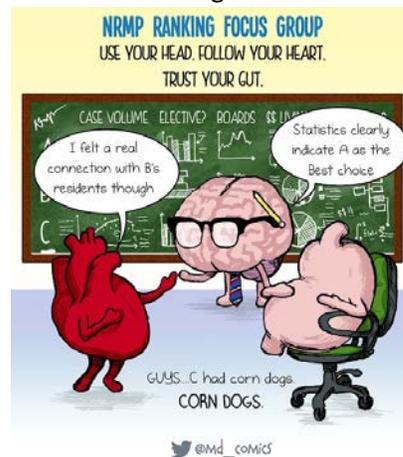


- A little prep for these will help. Don't prep too much and come off as a robot, but do think through some examples so you can pull them up as needed.
- Before you go, think of what will make or break a program – ask about it while you're there. It's hard to get that info later.



^me answering questions during CaRMS interviews

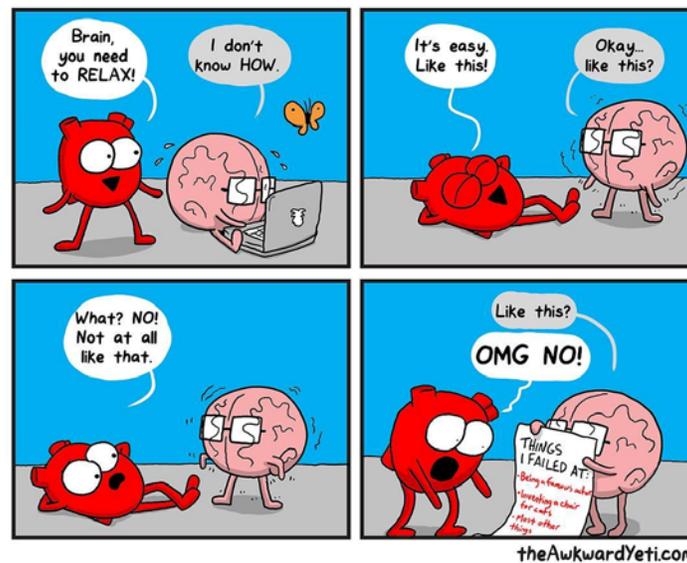
- Easier said than done, but have fun with the interviews.
- Again, it's a time to let your true self shine. You want a program that likes you for you, not one that likes a formal/nervous you with answers that don't reflect who you are.
- Journal your interview experiences. Pick something that will help you remember the day (I wrote what food I got), what questions I was asked, how the interview felt, what the residents were like, what their call is like. Anything that stands out good or bad (or neutral but unique). This will be very helpful when it comes to ranking...



## ROL

- For me, the hardest part of CaRMS. I tried to keep track of where things were sitting on my ROL during the interviews.
- Put all the programs onto post it notes. Then move them around and play with them.

And then the waiting game...



It probably goes without saying, but throughout this process it's important to be respectful of others. Some people do NOT want to talk about their rank lists, interview offers etc. I witnessed a few awkward and uncomfortable conversations. Please pay attention to cues and don't interrogate people who don't want to talk about their CaRMS experience. When in doubt, it's safer to just not ask.

### Match Day!?!

- If you match – Yay!
  - o Whatever emotions you feel are valid. Some people are thrilled with their eighth choice, others can be upset or disappointed with their second.
- If you're unmatched: SAW is there to help. So are your family and friends.
  - o Know some friends will be celebrating and celebrate for them too, but in a way that is supportive of your own needs.

**Good luck with CaRMS!**

**Have fun!**