

“Building Your Residency Application from Day One”
MD/PhD Medical Scientist Training Program (MSTP)
Fall 2022 Retreat

EVENT DETAILS

- **Date:**
 - Saturday, October 22, 2022
- **Location:**
 - University of Cincinnati’s Tangeman University Center (TUC) in Rooms 400 A/B/C on main campus.
- **Time:**
 - Event runs from 9:30 AM – 4:30 PM (Plan to arrive and park in the CCM Garage at 9:15 AM.)

RETREAT GOALS

1. Identify personal branding strategies suitable during physician scientists’ training and future careers.
2. Explore the benefits and unique research opportunities of Physician Scientist Training Program residencies.
3. Gain insights from residency program directors on how to be a competitive applicant in different clinical specialties.
4. Learn strategies to negotiate time and pursue funding to achieve research productivity in non-PSTP residencies.
5. Hot topics:
 1. Hear from peers on their approaches to network, gain exposure to clinical specialties, and add to their CVs in earlier training years.
 2. Develop a greater awareness of possible red flags during residency interviews, and hear advice from recent MSTP alumni on how to assess what programs are a good fit.
 3. Better understand the recommendation letter process.
 4. Gain insights from an MSTP alumni on narrowing subspecialty interests for residency.

RETREAT AGENDA

9:15 – 9:30 AM: Arrive & Park in the CCM Garage, Walk to TUC 400 A/B/C

9:30 – 10:00 AM: Sign-In and Grab Breakfast at TUC 400 A/B/C
(A light, continental breakfast will be provided.)

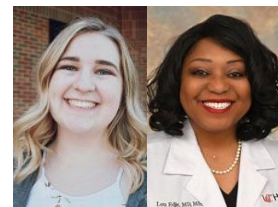
10:00 – 10:15 AM: Welcome & Intro

- Sara Cohen – Program Manager of MSTP
- Donald Gilbert, MD, MS – Associate Director of MSTP



10:15 – 10:55 AM: “How to Create and Promote Your Personal Brand --- During Training, Leading Up to and During Residency Interviews, and Beyond”

- **Introduction:** By Sydney Treichel, G1
- **Presenter:** Louito Edje, MD, MHPE, FAAFP: Professor, Departments of Medical Education and Family and Community Medicine, Designated Institutional Official, University of Cincinnati
- **Format:** 25-minute presentation, followed by up to 10-minutes of Q&A
- **Description of Content:** Effective personal branding helps clarify the unique and relevant assets and values you wish to communicate about yourself to future mentors, collaborators, employers, and others. This session will explore the concept of personal brand for physician scientists and discuss approaches to develop a brand that is authentic and useful. It will include actionable advice regarding things students can start doing now to build personal brand – whether they are in their earlier training years or later M3/M4 training years closer to residency interviews.



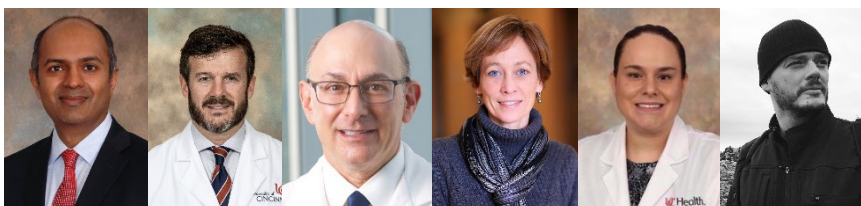
10:55 – 11:30 AM: “Research Opportunities in Residency & the Benefits of a PSTP”

- **Introduction:** By Keisuke (Kei) Sawada, G2
- **Presenter:** – Jack Rubinstein, MD, Director of Internal Medicine PSTP
- **Format:** 25-minute presentation, followed by up to 5 minutes of Q&A
- **Content:** Physician Scientist Training Program residencies are modified, short-track clinical residencies with individualized mentorship and opportunities to train in laboratories. This session will provide brief background on the general curricular structures and research opportunities within PSTPs, their goals/aims, and most importantly address the potential benefits and drawbacks of PSTP residencies – versus traditional residency pathways. At a high level, the session will provide awareness of subspecialties’ opportunities for PSTPs, and it will also provide advice on how to become a competitive PSTP applicant.



11:30 – 12:30 PM: Panel Q&A with Residency Program Directors

- **Moderator:** Amanda McGann, G3
- **Format:** Amanda will ask the panelists a variety of pre-submitted questions from MSTP students. In the last 10 minutes, the panelists will share a presentation with their “Final Words of Advice.”
- **Panelists:**
 - Ferhan Asghar, MD, FAOA: Director, Orthopaedic Surgery Residency Program
 - Brian Evans, DO, FAPA: Director, Psychiatry Residency Program
 - Alan Fleischer, MD: Director, Dermatology Residency Program
 - Sue Poynter, MD, MEd: Director, Pediatric Residency Training Program
 - Lauren Rosen, MD: Director, Pathology Residency Training Program
 - Jack Rubinstein, MD: Director, Internal Medicine Physician Scientist Training Program



12:30 – 1:30 PM: Lunch & Bathroom Break

(Boxed lunches will be provided. In addition to socializing with students, we encourage using the time to also network and ask further questions of the residency program directors and other alumni guest speakers.)

1:30 – 2:10: “How to Accomplish Research During a Non-PSTP Residency”

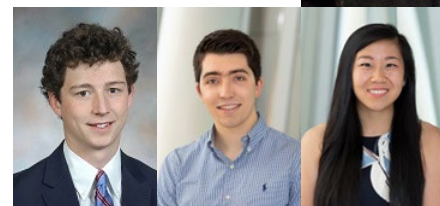
- **Introduction:** By Amanda McGann, G3
- **Presenter:** Aynara Wulsin, MD, PhD, 4th-Year Resident in Child Neurology/Pediatrics Combined Residency Program, UC College of Medicine; UC MSTP Alumnus
- **Format:** 25-minute presentation, followed by up to 10-minutes of Q&A
- **Description of Content:** Not all subspecialties in medicine offer research tracks and you may have a personal or geographic draw that results in your matching in a non-research-oriented program. This session discusses balancing time between research and clinical learning, and how to negotiate time and pursue funding to achieve research productivity in non-PSTP residencies, from the perspective of a recent UC MSTP graduate.



2:10 – 3:00 PM: “Hot Topics – Part 1”

#1: “Peers’ Approaches to Proactively Gain Greater Exposure to Clinical Specialties, Network, & Add to their CVs in EARLIER Training Years”

- **Introduction:** By Akshata Rudrapatna, M2
- **Presenters:** Griffin McDaniel, M2; Alex Feldman, G3; Tiffany Shi, G3
- **Format:** 15-minute presentation, followed by up to 10 minutes of Q&A
- **Description of Content:** Writing a review in M1/M2 medical years, networking strategies to meet new mentors and seek shadowing opportunities, plus the importance of staying in touch with older mentors



#2: “Strategizing for Virtual Interviews: Advice from recent UC MSTP alumni on how to assess what residency programs are a good fit and identify any red flags”

- **Introduction:** By Akshata Rudrapatna, M2
- **Presenters:**
 - Katelyn Melgar, MD, PhD, 2nd-Year Internal Medicine PSTP Resident, University of Cincinnati, Department of Internal Medicine, UC MSTP Alumnus
 - Seth Reighard, MD, PhD, 2nd-Year Psychiatry Resident, University of Cincinnati, Dept. of Psychiatry and Behavioral Neuroscience, UC MSTP Alumnus
- **Format:** 10-minute presentation, followed by up to 10 minutes of Q&A
- **Description of Content:** This session will address the following:



- Some best practices to successfully approach (virtual) residency interviews
- Advice for how to assess what residency programs are a good fit
- Tips on potential red flags to lookout for in residency programs, and how to identify them

3:00 – 3:15 PM: Break

3:15 – 4:00 PM: “Hot Topics – Part 2”

#3: “Demystifying Letters of Recommendation – Emphasizing Both Clinical and Research Excellence in Your Application”

- **Introduction:** By Akaljot (AJ) Singh, G6
- **Presenter:** Donald Gilbert, MD, MS
- **Format:** 10-minute presentation, followed by up to 10 minutes of Q&A
- **Description of Content:** This session will address the following:
 - When and how to approach Faculty to obtain recommendation letters that will enhance the success of your residency application
 - Data on how residency program directors utilize recommendation letters in interviewing and ranking applicants



#4: “Advice for Choosing a Clinical Specialty”

- **Introduction:** By Akaljot (AJ) Singh, G6
- **Presenter:** Inuk Zandvakili, MD, PhD, Assistant Professor of Medicine, Division of Digestive Diseases, Department of Internal Medicine, UC College of Medicine; UC MSTP Alumnus
- **Format:** 10-minute presentation, followed by up to 10 minutes of Q&A
- **Description of Content:** This session will focus on providing advice and things MD/PhD trainees can do to help pinpoint what clinical specialty they want to pursue in residency. This presentation will largely focus more on things students can do in LATER MSTP training years (G4+ graduate year and M3/M4 years) to identify their clinical specialty of interest for residency.



4:00– 4:15 PM: Wrap-Up

- Sara Cohen – Program Manager of MSTP
- Donald Gilbert, MD, MS – Associate Director of MSTP



4:15 – 4:30 PM: Survey

- Sydney Treichel, G1



4:30 PM: Adjourn

THANK YOU FOR COMING!

BE SURE TO GET A PARKING VOUCHER FROM SARA ON YOUR WAY OUT! 😊



Event Hosts/Administrators:

- Sara Cohen, Program Manager of MSTP (*primary event host & point-of-contact*)
- Jennifer Rindler Fridrich, MBA, Administrative Program Director of MSTP

