



**TEXILA
AMERICAN
UNIVERSITY
COLLEGE OF MEDICINE**

Residency Application Guide

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Texila American University (TAU)

Residency Application Guide for Medical Students

1. Introduction

Texila American University (TAU) is committed to preparing its medical graduates for successful entry into residency programs in the United States, Canada, the United Kingdom, and other international healthcare systems.

This guide provides a comprehensive, step-by-step overview of the **residency application process**, including key milestones, timelines, document requirements, and official resources for application and certification.

2. Understanding Residency

Residency training is the bridge between medical school and independent clinical practice. During residency, graduates gain specialized clinical experience under supervision in hospitals and teaching institutions.

Residency Pathways for TAU Graduates

- **United States** – National Residency Matching Program (NRMP) via the Electronic Residency Application Service (ERAS)
- **Canada** – Canadian Residency Matching Service (CaRMS)
- **United Kingdom** – GMC Registration and Foundation Program
- **Caribbean and Other Regions** – National internship and postgraduate training systems

3. Preparation Timeline by Year

Stage	Focus Areas
MD1–MD2 (Preclinical)	Academic excellence, career exploration, USMLE Step 1 preparation.
MD3–MD4	Take USMLE Step 1, start building your CV, identify mentors, begin clinical exposure.

MD5–MD8 (Clinical Rotations)	Complete USMLE Step 2 CK, collect Letters of Recommendation (LoRs), participate in observerships or electives in the U.S.
Final Year / Graduation Year	Apply through ERAS, register for NRMP, attend interviews, rank programs, and participate in Match Week.

4. Key Steps in the U.S. Residency Application Process

Step 1 – Obtain ECFMG Certification

All international medical graduates (IMGs) must be certified by the **Educational Commission for Foreign Medical Graduates (ECFMG)** to apply for U.S. residency programs.

Requirements:

- Graduation from a **WFME-accredited medical school** (TAU meets this requirement).
- Passing scores on **USMLE Step 1** and **USMLE Step 2 CK**.
- Primary source verification of credentials via **EPIC**.

Useful Links:

- ECFMG Website: <https://www.ecfm.org>
- Create Account: <https://cvsonline2.ecfm.org>
- OASIS Portal: <https://secure2.ecfm.org/emain.asp?app=oasis>
- EPIC Portal: <https://epic.ecfmgepic.org>

Step 2 – Register for USMLE Examinations

Exam	Purpose	When to Take
Step 1	Assesses basic science knowledge.	After completion of MD2.
Step 2 CK	Evaluates clinical knowledge and application.	During clinical rotations.

Step 3	Optional before residency; required for H-1B visa or full licensure.	After ECFMG certification.
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Registration Links:

- USMLE Official Site: <https://www.usmle.org>
- ECFMG USMLE Application: <https://secure2.ecfmg.org/emain.asp?app=iwa>

Step 3 – Apply through ERAS (Electronic Residency Application Service)

ERAS is the centralized system through which you submit applications to residency programs.

Create an Account:

- MyERAS Portal: <https://apps.aamc.org/myeras>
- Request ERAS Token (via ECFMG): <https://secure2.ecfmg.org/emain.asp?app=eras>
- ERAS Guide: <https://students-residents.aamc.org/applying-residencies-eras>

Application Components:

1. Personal Information and Photo
2. Curriculum Vitae (CV)
3. Personal Statement (specialty-specific)
4. Medical School Transcript (request from TAU Registrar)
5. MSPE (Dean's Letter – issued by TAU Dean's Office)
6. Letters of Recommendation (LoRs) – 3–4 strong clinical letters
7. USMLE Score Reports (sent by ECFMG automatically)

Step 4 – Register for the Match (NRMP)

The **National Residency Matching Program (NRMP)** matches applicants with residency programs through a computerized algorithm based on ranked preferences.

Key Links:

- NRMP Website: <https://www.nrmp.org>

- Register/Login: <https://r3.nrmp.org>
- Match Calendar: <https://www.nrmp.org/match-calendars>

5. Residency Application Timeline (September – March)

Month	Action Items
June–July	Request ERAS token from ECFMG; prepare CV, personal statement, and LoRs.
August	Finalize documents; verify transcript and MSPE with TAU.
September 1	ERAS application submission opens. Submit early for best consideration.
September–October	Programs begin reviewing applications and sending interview invitations.
October–January	Interview season. Attend interviews virtually or in person.
December–January	Send thank-you notes; evaluate program fit; finalize rank preferences.
February	Submit NRMP Rank Order List before the deadline.
March (Match Week)	Match results released; unmatched applicants enter SOAP (Supplemental Offer and Acceptance Program).

6. Letters of Recommendation (LoRs)

Letters of Recommendation play a critical role in residency selection.

Tips:

- Obtain at least three LoRs — two from U.S. clinical supervisors.
- Ask early, ideally at the end of each rotation.
- Provide your CV and personal statement for reference.
- Use the **ERAS Letter of Recommendation Portal** for upload.

Sample Email to Request a Letter:

Dear Dr. [Name],

It was an honor working under your supervision during my [specialty] rotation. I am applying to residency programs in [specialty] this year and would be grateful if you could provide a letter of recommendation reflecting my performance and professional qualities. I can share my CV and personal statement to assist with your letter. Thank you for your support and mentorship.

Sincerely,

[Your Full Name]

MD Candidate, Texila American University

7. Personal Statement

Your personal statement should be one page, highlighting your motivation, key experiences, and long-term goals.

Structure:

1. **Introduction:** What inspired your specialty choice.
2. **Core Paragraphs:** Academic and clinical experiences that shaped your path.
3. **Conclusion:** Your professional aspirations and how you align with residency training.

Tips:

- Keep it concise and genuine.
- Avoid repeating information from your CV.
- Proofread carefully for grammar and tone.

8. Curriculum Vitae (CV)

Your CV should clearly present your education, experiences, and achievements.

Suggested Sections:

1. Contact Information
2. Education
3. Examinations (USMLE scores, if available)

4. Research, Publications, and Presentations
5. Clinical Experience
6. Leadership Roles and Extracurriculars
7. Volunteer and Community Service
8. Languages, Skills, and Certifications

Format Tips:

- Use reverse chronological order.
- Maintain consistent margins and fonts.
- Keep to 1–2 pages.

9. Interview Preparation

Residency interviews assess your interpersonal skills, professionalism, and fit with the program.

Before the Interview:

- Research each program’s mission, structure, and faculty.
- Practice mock interviews.
- Prepare answers to common questions (e.g., “Why this specialty?”, “Tell me about yourself”).

During the Interview:

- Dress professionally.
- Show enthusiasm, humility, and clear communication.
- Ask thoughtful questions.

After the Interview:

- Send thank-you emails to program directors or interviewers within 24–48 hours.

10. Visa Options for International Medical Graduates

Residency programs commonly sponsor:

- **J-1 Visa:** Sponsored by ECFMG (most common).
- **H-1B Visa:** Employer-sponsored; requires passing **USMLE Step 3**.

Resources:

- ECFMG Visa Information: <https://www.ecfm.org/evsp/>

11. If You Don't Match (SOAP and Beyond)

If you remain unmatched in March, you can enter the **Supplemental Offer and Acceptance Program (SOAP)** to apply for unfilled positions.

SOAP Steps:

1. Log into NRMP's R3 system to see available programs.
2. Submit additional applications through ERAS.
3. Participate in multiple offer rounds during Match Week.

If unmatched after SOAP:

- Seek research or observership opportunities.
- Strengthen your application for the next cycle.
- Consult TAU's Residency and Career Services Office for individualized support.

12. Alternative Pathways (Canada & UK)

Canada (CaRMS)

- **Website:** <https://www.carms.ca>
- **Applicant Portal:** <https://apps.carms.ca/myapps/>
- **Timeline:** September–March annually.

United Kingdom (GMC)

- **Website:** <https://www.gmc-uk.org>
- **Apply for Registration:** <https://www.gmc-uk.org/registration-and-licensing/join-the-register>

- **PLAB Exam Information:** <https://www.gmc-uk.org/registration-and-licensing/join-the-register/plab>
- **Other regions:** TAU graduates are practicing in Asia, India, Caribbean and Africa. Please contact the office of registrar for specific information on the process.

13. TAU Support and Contact Information

Office of Registrar

Texila American University, College of Medicine

Email: registrar@tau.edu.gy

Registrar's Office – transcripts, MSPE, and LoR support

Email: registrar@tau.edu.gy

USMLE / Kaplan Support

Email: usmle@tau.edu.gy

Official Website: <https://www.tau.edu.gy>

14. Residency Application Checklist

Before Applying (June–August):

- Complete USMLE Step 1 and Step 2 CK
- Obtain ECFMG Certification
- Prepare CV and Personal Statement
- Collect at least 3 Letters of Recommendation
- Request Transcript and MSPE from TAU
- Obtain ERAS Token and Register on MyERAS
- Register for NRMP

During Application (September–January):

- Submit ERAS Application
- Attend Residency Interviews

- Send Thank-You Notes
- Finalize Rank Order List

Match Week (March):

- Review Match Results
- Participate in SOAP if necessary
- Celebrate Match Success!

15. Conclusion

The residency application process is a journey that requires planning, persistence, and preparation. Texila American University provides continuous support through advising, USMLE preparation, document processing, and mentorship programs.

With early preparation and guidance, TAU graduates can confidently compete and succeed in residency programs worldwide.