

## College of Medicine

# MD Student CV Guide

The Office of Career Advising and Mentorship (OCA&M) plays an important role in preparing students for the residency match process. When medical students begin applying to the Canadian Resident Matching Service (CaRMS) to begin the application process, they will need to create a CV as part of their application. There are several documents that make up the residency application; the CV is included in the "Extra Documents" section. Always check the preferences for the residency program descriptions before assigning extra documents as some programs would like to see specific documentation and some do not want to review extra documents.

## What is a CV?

In Canada, the term curriculum vitae (CV) is used to reference a specific type of job search document that is used for the following: applying to graduate school, a medical position, an academic position (post-secondary teaching and/or research focused), and some performing and studio art positions.

It is not uncommon to hear the terms resume and CV used interchangeably but they are different documents. If an employer asks for a CV and you are not applying for one of the categories listed above, it is likely that a resume is required.

One of the biggest distinctions in the formatting of resumes and CVs is that in Canada resumes are usually 1–2 pages, while CVs used for residency applications are typically between 3-5 pages.

## Social Media and Your Job Search

- Review all of your social media accounts and privacy settings.
- Consider creating a LinkedIn profile which allows you to upload your CV content and connect with professionals locally and around the world.
- For tips on how to build a professional student LinkedIn profile check out Leverage LinkedIn [students.usask.ca/articles/linkedin.php](https://students.usask.ca/articles/linkedin.php)

## Organization/Layout

- Set margins at 1 inch
- Use a common font style and size (Calibri, Times New Roman, 11 or 12 point size) throughout your document, and ensure consistency with your personal letter
- Consider submitting your draft to the Writing Help Centre for proofreading and assistance with your grammar.

# Checklist

## Know Yourself and Your Audience

- Can you comfortably articulate your values, knowledge, skills, abilities and interests as they relate to your residency application documents?
- Did you perform an adequate amount of research on the prospective program through [carms.ca](https://carms.ca)?

## Showcase Your Abilities

- Did you take inventory of the broad range of abilities you have and did you cross-reference those abilities with the CanMEDS Roles?
- Did you begin your bulleted achievement statements with action verbs?
- Were you mindful of creating achievement statements that demonstrate your skills rather than just listing descriptive adjectives (such as good communication skills) or job duties?
- Did you provide quantitative and/or qualitative details when possible? (This helps a program director to better understand the scope of your experience)

## Polish Your CV

- Is your CV concise? (Eliminate repetition and redundancies)
- Have you reviewed your CV for spelling mistakes and grammatical errors?
- Did you prioritize your content by placing the most relevant information first?
- Did you organize your information in reverse chronological order?
- Did you present the most targeted information on the left side first (i.e. Job title(s) on the left, dates on the right)?
- Were you consistent with format, verb tense and font?
- Did you begin your achievement statements with bullets and action words?

## Next Steps

- Do you have references who can attest to your work style, academic profile, and/or personal qualifications, and who have agreed to be a reference?
- Have you begun the process of drafting your personal letter?
- Have you booked an appointment with the Office of Career Advising and Mentorship (OCA&M) to review your documents?

Resource: CaRMS program descriptions are publicly available at [carms.ca](https://carms.ca).

Create a new email alias in the format of `firstname.lastname@usask.ca` by going into "Profile" within PAWS and selecting "Edit" next to "Email."

Begin with your most recent experience and work your way back (reverse chronological order).

## Curriculum Vitae (CV)

Keep in mind that a CV can be multiple pages in length (even though this example is only four pages long). Before beginning your CV, take inventory!

## Questions for Consideration:

### When Applying to CaRMS

- How can you effectively showcase your knowledge, skills and abilities (competencies) to be selected for an interview?
- What are the specific specialty keywords that programs are looking for?
- What abilities did you develop in your previous research, teaching, clinical experience, artistic endeavours, volunteer and extracurricular experiences, that are needed for all the programs that you are applying to?
- What are your major accomplishments?
- Did you supervise, train or teach others?
- What particular value would you bring to a program?

## Student's Name

City, Province  
Cell Number  
Email Address

### EDUCATION

<b>Doctor of Medicine Candidate</b>	Aug 2014 – Present
University of Saskatchewan, Saskatoon, SK	
• Expected date of completion: June 2018	
<b>Bachelor of Science (Honours) – Physiology</b>	June 2014
University of Saskatchewan, Saskatoon, SK	

### EXAMINATIONS (if applicable)

<b>United States Medical Licensing Exam (USMLE)</b>	January 2017
Part I Pass	

### RESEARCH

<b>Dean's Summer Research Project</b>	Summer 2016
Supervisor: Dr. K. Rodney	
Title of Project	
Saskatchewan Cancer Agency, University of Saskatchewan	
<b>Dean's Summer Research Project</b>	Summer 2015
Supervisor: Dr. N. Seagram	
Title of Project	
College of Medicine, University of Saskatchewan	

### Publications

- Thompson, C., J.Y. Bunn, S. Name, R.J. Butler, J.F. Zachary, and E.P. Blankenship. 2017. Genetic control of susceptibility to histopathological lesions and clinical signs of experimental allergic encephalomyelitis: Implications for the genetics of multiple sclerosis. *Canadian Journal of Pathology*, 165(5):1593-602.
- S. Spector, M. Toovey, A.A. Vandencamp, H. Offner, S. Yellan, J.F. Zachner, S. Name, E.P. Blankenship, J. Gustafsson, and C. Trapper. 2016. Estrogen Receptor-1 (ESR1) and -2 (ESR2) regulate the severity of clinical experimental allergic encephalomyelitis in male mice. *Canadian Journal of Pathology*, 164(6):1915-1924.

### Presentations

- Name, S., P. Gallop, and S. Shah. Effect of an intra-corneal fluid interface following keratotomy on intraocular pressure measurement by applanation. *Association for Research in Vision and Ophthalmology*, April 25, 2017.
- Name, S. Genetic and Steroid Hormone contributions to Experimental Allergic Encephalomyelitis. *University of British Columbia College of Medicine Research Symposium*, April 23, 2016.

### CLINICAL EXPERIENCE

<b>General Internal Medicine Consult Services (PREP)</b>	Sept 3 – Sept 22, 2017
University of Alberta, Edmonton, AB	
Supervisors: Dr. G. House, Dr. J. Wilson	
• Managed patients pre- and post-operatively. Discussed the benefits and risks of multiple medical and surgical interventions prior to surgery.	

## Potential Sections to include in Program-Specific CV:

The hierarchy of categories can change based on the individual, although education, research, and clinical rotations should always be close to the top as they are most relevant.

- **Education/Academic Credentials/Academic History** (includes thesis/dissertation/project title)
- **Certifications/Designations** (non-academic credentials)
- **Clinical Experience**
- **Leadership Experience**  
Executive club roles such as President or Treasurer, founding roles, and formal leadership training
- **Research Interests/Teaching Interests** (reflective of your current competencies and future interests)
- **Research/Research Experience** (current funded research projects, research assistantships, thesis, dissertation, postdoctoral fellowships, abstracts)
- **Research Funding History/Project Grant Information/Research Grants** (Categories: Senior Responsible Author, Principal Author, Co-Principal Author, Co-Investigator, Collaborator)
- **Honours/Awards/Distinctions/Recognitions** (academic awards, medals, fellowships, scholarships, prizes)
- **Teaching Experience/Academic Work History/Academic Achievements/Teaching Dossier** (examples of scholarly work: teaching experience, instructorships, teaching assistantships, marker)
- **Related/Supplementary Work Experience/Consulting Experience** (list all relevant work experience)

## CONTINUED

### Potential Sections to include in your CV:

- **Graduate Student Committee/Conference Organizer**
- **Intellectual Property**  
(Categories: Patents Granted/Pending, Copyright, Licenses, Disclosures, and Trademarks)
- **Artistic Exhibitions/Performances/Works/Compositions**
- **Languages** (level of reading, writing and oral fluency or competency)
- **Professional Organizations/Memberships/Advisory Committees/Research Groups**
- **Publications** (Sub-categories: Peer-reviewed, Non-peer reviewed, Works Submitted, Works in Progress, Reports, Technical Articles, Print, Social Media, Books, Chapters; use the editorial style that is associated with your discipline)
- **Additional Medical Education** (Sub-categories: Papers—both contributed and refereed, Posters, Presentations, Proceedings, Attended, Invited Lectures/Seminars)
- **Community Contributions/Involvement (both academic and non-academic)**

Using action words to begin your statement will help you create a more powerful and concise example of your skills and/or responsibilities. Consult the suggested Medical Expert Action Words provided on Page 10.

Student's Name

Page 2

#### Internal Medicine: HIV/AIDS

St. Paul's Hospital, Vancouver, BC  
Supervisors: Dr. K. Smith, Dr. T. Jones

Aug 13 – Sept 1, 2017

- Managed inpatients on HIV ward. Gained an understanding of this disease and its impact on the patient. Developed a basic approach to medical therapy. Saw a diversity of opportunistic infections and how these correlate to the immune status of the patient.
- Learned about how these infections should be treated and prevented, and encountered some of the complications that can arise surrounding therapy. Gained insight into the management of patients suffering from addictions and social instability.

#### Nephrology

University of Saskatchewan, Regina, SK  
Supervisors: Dr. K. Knee, Dr. H. Dial

Apr 23 – May 4, 2017

- Gained insight into the management of chronic and acute renal failure. Participated in the care of dialysis patients.

#### Infectious Disease

University of Saskatchewan, Saskatoon, SK  
Supervisor: Dr. A. Biotic

Apr 9 – Apr 20, 2017

- Conducted consultations
- Acquired knowledge about the importance of narrow antibiotic coverage. Obtained experience with dictation.

#### General Internal Medicine

University of Saskatchewan, Saskatoon, SK  
Supervisors: Dr. S. Smith, Dr. P. Jones

Mar 19 – Mar 30, 2016

- Assessed high-risk patients pre-operatively and adjusted medical therapies in order to promote more favorable outcomes. Followed these patients post-operatively.
- Cared for patients with gestational hypertension and diabetes on the Obstetrics ward. Encountered a rare drug interaction, which required a literature search in order to understand and treat the situation.

#### Dermatology

University of Toronto, Toronto, ON  
Supervisor: Dr. T. Knoll

Feb 19 – Mar 2, 2016

- Participated in the diagnosis and treatment of a wide range of skin diseases in the public sector of a developing country.
- This included a case of leprosy and Kawasaki disease, as well as numerous cases of scabies, tinea, STIs, acne and psoriasis. Approximately 200 patients were seen daily.
- Communicated through interpreters and learned basic phrases in Hindi and Punjabi.

#### Internal Medicine: Clinical Teaching Unit

University of Saskatchewan, Saskatoon, SK  
Supervisors: Dr. O. Neill, Dr. W. Pole

Jan 8 – Feb 18, 2016

- Gained experience managing patients on the ward and in the clinic. Developed my physical exam skills, with a focus on the Abdominal, Respiratory and Cardiovascular exam, and how to apply these in a clinical setting.
- Assisted with multiple bone marrow biopsies and a lumbar puncture. Initiated chest compressions in a patient in asystole as part of a code team.

**Plastic Surgery (Pre-clerkship Elective)**

July 1 – July 31, 2015

University Hospital of Düsseldorf, Germany  
 International Federation of Medical Students exchange  
 Supervisor: Dr. R. Still

- Learned about Germany's medical system. Spent time in the operating room and rounded on the in patients with the surgeons. Interacted with staff and medical students from across Europe.

**RELEVANT WORK EXPERIENCE****Saskdocs Rural Externship Program**

June 1 – July 21, 2015

La Ronge, Saskatchewan  
 Supervisors: Dr. R. Jones, Dr. T. Smith

- Performed histories, physical examinations, and suggested investigations, differential diagnoses and management plans in a northern family medicine clinic, hospital and emergency department.
- Visited fly-out outpost clinics at northern nursing stations. Participated in deliveries. Assisted with procedures such as casting and suturing. Gained understanding of northern healthcare delivery and social determinants of health.

**Physiology Tutor**

Aug 2003 – Aug 2014

University Learning Centre, University of Saskatchewan, Saskatoon, SK

- Met with junior physiology students in small groups and individually to review concepts and prepare for exams for Physiology 208 class.

**Basketball Coach**

Aug 2012 – July 2013

Walter Murray Collegiate, Saskatoon, SK

- Led team meetings, practices and training sessions. Organized tournament trips. Collaborated with athletes, parents, teachers and fellow coaches.

**LEADERSHIP EXPERIENCE****Member-at-Large, Student Medical Society of Saskatchewan (SMSS)**

September 2015 – present

- Assist in the coordination of SMSS events and projects.

**Physician Leadership Institute, Canadian Medical Association**

August 2016

- Recipient of one of three Saskatchewan Medical Association (SMA) sponsored seats for medical students in the Physician Leadership Institute (PLI) course.

**Internal Medicine Interest Group, Treasurer**

August 2015 – June 2016

- Participated in planning events and organizational direction. Planned fundraiser and administered funds for skills nights and lunchtime lectures

**HONOURS AND AWARDS****Second Place, College of Physicians and Surgeons/ASIM research poster competition**

April 23, 2016

- Toronto Associates Meeting

**Participant, Summer Institute for Statistical Genetics**

Jul 25 – Aug 7, 2016

- University of Alberta, Edmonton, AB

Make your headings stand out by using **bolding**, underlining or *italics*. Avoid coloured font and shading as they can be distracting.

Relevant work experience depends on the individual. The experience should be recent and relevant (health care related). It may include community-based organizations such as an office assistant role at a doctor's office or roles in your "life before medicine" (Ex. teacher, paramedic, pharmacist).

Consider including your summer community experiences in rural or northern areas.

List your most important extra-curricular, community service and leadership activities. Longterm activities and commitments are favoured over one-offs, but consider including committee work, community service projects and student organization involvement.

Include any awards and scholarships you received during medical school and during your undergraduate experience. Consider listing the most important items and how much each one helps your candidacy.

## VOLUNTEER EXPERIENCE

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### Student Wellness Initiative Toward Community Health (SWITCH), Saskatoon, SK Aug 2012 – Present

- Volunteered twice monthly at this student-run, after-hours, inner-city clinic
- Participated in social team: prepared food, interacted with clients and assisted with program delivery
- In later years, participated in interprofessional clinical team: performed history and physical examination, then reviewed with team to form management plan for walk-in patients.

### Internal Medicine Rotation, POCUS, Saskatoon, SK March 2016

- Used POCUS to assess patients for presence of ascites and pleural effusion

### U of S Admissions MMI, Saskatoon, SK

- Acted as a host to candidates through the Health Sciences building during the multiple mini-interview process.

### College of Medicine Choir, Saskatoon, SK October 2014 – Present

- Performed with the College of Medicine choir at nursing homes around Saskatoon and at in-house events for the community

### Big Brothers Big Sisters In-School Program, Saskatoon, SK December 2014 – Present

- Individually matched with elementary students in the BBBS CoMMent Program
- Accompanied our 'little brothers and sisters' to several athletic events

### College of Medicine Peer Mentor, Saskatoon, SK September 2014 – Present

- Mentored a Year 1 medical student by providing an experienced perspective on medical school and helping him balance the curriculum with his daily life

## MEMBERSHIPS

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**Student Medical Society of Saskatchewan (SMSS)**  
**Canadian Federation of Medical students (CFMS)**  
**Canadian Medical Association (CMA)**  
**Canadian Society of Internal Medicine**  
**Saskatchewan Medical Association (SMA)**  
**College of Medicine Internal Medicine Interest Group**

## HOBBIES AND INTERESTS

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- Badminton – recreational and coaching.
- Cooking – take a class in every country I visit.
- Saskatoon Nature Society – coordinate events and lead tours of Saskatchewan flora.
- Triathlons – completed four within Canada in the last several years.

*The examples within this guide are fictitious. No association with any real person, company, organization, product, email address, place, or event is intended or should be inferred. Some sections adapted from the AAMC's Careers in Medicine CV Examples.*

Provide quantitative and/or qualitative details when possible. This helps committees to better understand the scope of your experience.

### Should I include my extracurricular activities?

For some people, it allows them to show a potential employer a more holistic view of themselves apart from their education and work experience.

This section can be subdivided into areas such as: interests (spare time or healthy lifestyle activities), commitments, community involvement (locally, provincially, regionally, nationally, internationally), athletic involvement, memberships (in student clubs/groups, professional associations, gyms or training centres).

Join the national organization for your specialties of interest. Many have free or discounted student memberships.

This is an example of a CV of a student who is interested in surgical disciplines.

Prioritize your strongest sections first.

Elective descriptions are optional. Use them if the elective was unique, you managed a unique case, or you had duties above what a clerk would typically do. If you think the elective was self-explanatory to your typical file reviewer, omit and use the space elsewhere. Your clinical experience is also addressed in your application in the reference letters, MSPR, personal letter and interviews.

**Student's Name**  
City, Province  
Email Address

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**EDUCATION**

<b>Doctor of Medicine Candidate</b>	Aug 2019 – Present
University of Saskatchewan, Saskatoon, SK Expected date of completion: June 2023	
<b>Bachelor of Science (Honours) - Physiology and Pharmacology</b>	June 2019
University of Saskatchewan, Saskatoon, SK	

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**RESEARCH**

**Dean's Summer Research Project**  
Evaluation of the Saskatchewan Hip and Knee Pathway May – Aug 2019  
Supervisor: Dr. K. Rodney  
Role in project: Applied for ethics. Co-designed study. Collected data. Wrote manuscript for publication.

**Publications**

- Name S, Rodney K. 2020. Evaluation of the Saskatchewan Hip and Knee Pathway. *Canadian Journal of Surgery*, 165(5):1593-602.

**Presentations**

- Name S, Rodney K. Evaluation of the Saskatchewan Hip and Knee Pathway. College of Medicine Research Symposium, Oct 16, 2019.
- Name S, Rodney K. Evaluation of the Saskatchewan Hip and Knee Pathway. Saskatchewan Health Innovation Conference, Nov 25, 2019.

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**CLINICAL EXPERIENCE**

<b>Orthopedic Surgery</b>	Jan 3 – 16, 2023
University of Saskatchewan, Saskatoon, SK Supervisor: Dr. R. Rodney	
<b>Plastic Surgery</b>	Dec 5 – 18, 2022
University of Alberta, Edmonton, AB Supervisor: Dr. K. Hamm	
<b>Family Medicine/Sports Medicine</b>	Nov 21 – Dec 4, 2022
University of Calgary, Calgary, AB Supervisor: Dr. M. Ryder	
<b>Orthopedic Surgery</b>	Nov 7 – 20, 2022
University of Calgary, Calgary, AB Supervisor: Dr. K. Krackem	

**Letter of Reference (LOR)**

LORs are a required component of your application to residency (CaRMS). You do not get to view the contents of a LOR, so it is important to have an honest discussion with your referee about your performance and how they can support your application for a particular specialty."

- Program tend to request three LORs.
- Referees attest to your clinical skills either during your third-year rotations or fourth-year electives. Occasionally, you may request an academic supervisor for research you have worked on to be a referee.
- Program descriptions are on CaRMS.ca and clearly identify the criteria for referees.
- You may to choose to create a cover sheet to send referees that outlines what they are to write about, accompanied by your CV.
- Referees submit their letter via CaRMS.ca or by mail
- Check what reference format your programs of interest require on their CaRMS program description.

**CaRMS Portal CV Categories:**

- Contact Information
- Medical Education
- Undergraduate Clinical Electives
- Non-medical education
- Licensure
- Declaration
  - Disciplinary action
  - Return of service agreements
- Scholarly Activities and Research Experience
  - Publications
  - Research
  - Presentations
  - Non-clinical training/ certifications
  - Conferences attended
- Volunteer Experiences
- Achievements and Interests
- Awards
- Committees

Student's Name

**Orthopedic Surgery** Oct 24 – Nov 6, 2022  
University of British Columbia, Vancouver, BC  
Supervisor: Dr. B. Trochar

**General Surgery: Trauma** Oct 10 – 23, 2022  
University of Saskatchewan, Saskatoon, SK  
Supervisor: Dr. J. Hammer

**Rural Family Medicine** Sep 26 – Oct 9, 2022  
University of Saskatoon, Rosthern, SK  
Supervisor: Dr. A. Singh

**Emergency Medicine** Sep 12 – 25, 2022  
University of Saskatoon, Saskatoon, SK  
Rotation coordinator: Dr. R. Ramadan

**Orthopedic Surgery** Aug 29 – Sep 11, 2022  
University of Saskatoon, Saskatoon, SK  
Supervisor: Dr. M. Mann

#### **RELEVANT WORK EXPERIENCE**

**Physiology Tutor** Sept 2017 – May 2019  
University Learning Centre, University of Saskatchewan, Saskatoon, SK

- Met with junior physiology students in small groups and individually to review concepts and prepare for exams for Physiology 208 class.

**Basketball Coach** Aug 2015 – July 2017  
Walter Murray Collegiate, Saskatoon, SK

- Planned and led team meetings, practices and training sessions. Organized tournament trips. Collaborated with athletes, parents, teachers and fellow coaches.

#### **LEADERSHIP AND VOLUNTEER EXPERIENCE**

**President, College of Medicine Surgical Interest Group (SIG)** Aug 2020 – June 2021

- Led committee to plan talks on a career in surgery and a surgical skills night.

**First Year Representative, SIG** August 2019 – June 2020

- Liaised to communicate events to Year 1 class and collaborated with committee.

**PM^2 College of Medicine Peer Mentor** Aug 2019 – May 2021  
Saskatoon, SK

- Mentored two Year 1 medical students with transition into medical school.

Many programs value prior work experience especially if it was medically related, with a community organization, or involves leadership.

Ensure your Leadership descriptions begin with strong action words that align with the CanMEDS roles.

Student's Name

**Physical Activity for Active Living, University of Saskatchewan** Sept 2016 – Present  
Saskatoon, SK

- Organized and attended weekly swimming sessions with children living with disabilities.
- Mentored and assisted participants with swimming and life skills. Collaborated with other volunteers to organize a yearly windup picnic.

**Student Wellness Initiative Toward Community Health (SWITCH)** Sept 2016 – Present  
Saskatoon, SK

- Provided social services (food preparation, childcare, women's programming) twice per month at this inner-city, interprofessional, student-run clinic.

#### **AWARDS**

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**University of Saskatchewan Surgical Prize** May 2020  
**University of Saskatchewan Physiology Scholarship** May 2017  
**University of Saskatchewan Entrance Scholarship** May 2015

#### **MEMBERSHIPS**

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**Student Medical Society of Saskatchewan (SMSS)**  
**Canadian Federation of Medical Students (CFMS)**  
**Canadian Medical Association (CMA)**  
**Canadian Orthopedics Association (COA)**  
**Saskatchewan Medical Association (SMA)**  
**Canadian Society of Sports and Exercise Medicine (CASEM)**

#### **CONFERENCES ATTENDED**

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**Canadian Society of Sports and Exercise Medicine, Calgary AB** March 8 – 9, 2019  
**Orthopedics Update, Saskatoon, SK** May 7 – 8, 2020

#### **HOBBIES AND INTERESTS**

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- Long-distance running – Saskatchewan Marathons half-marathons 2015, 2016, 2017
- Cooking – trying new recipes, especially Mexican cuisine
- Travel – traveled to 14 countries
- Music – enjoy playing the piano and guitar

Don't neglect to include a hobbies and interests section. This can be a useful section for programs to learn about you and to break the ice during CaRMS interviews.

## Components of a Residency Application

There are several documents that make up a residency application, but not all documents are required for all programs or matches. Always consult the program descriptions for specific requirements available at [carms.ca](http://carms.ca). You should review these descriptions regularly to make sure you are aware of the latest requirements, as modifications are made throughout the year. These document types may be required in your applications to programs:

- College of Medicine Transcript
- Medical Student Performance Record (MSPR)
- CV
- Personal Letters (inline)
- Letters of Reference
- Proof of citizenship (notarised or certified)
- Photo (JPEG max. 2MBs) (not revealed to programs until after interviews offered)

AAMC's Careers in Medicine® (2016) notes that the number of residency programs to which you should apply is specific to your situation and comprised of:

- the content of your application (i.e., your competitiveness),
- the competitiveness of the specialty you're pursuing,
- the competitiveness of the programs you're pursuing,
- your geographic restrictions, and
- any other constraints.

The more competitive the specialty and programs and the more constrained you are by location and other factors, the more programs you'll need to apply to for a successful match. Your ultimate goal: identifying enough programs you're willing to attend that, considering your specific situation, will land you a residency spot.

The most commonly reviewed file elements are the completeness of your documents and your application, the content of your LORs, and how you've aligned and conveyed your interest in the specific discipline or program.

The Canadian Resident Matching Service (CaRMS) is a national, independent, not-for-profit, fee-for-service organization that provides a fair, objective and transparent application and matching service for medical training throughout Canada. They have matched 70,000+ medical students to available residency training positions. CaRMS administers the electronic process that matches medical students and residents with residency programs throughout the country.

## Canadian Resident Matching Service (CaRMS)

<b>SEP</b>	<b>CARMS ONLINE OPENS FOR APPLICANTS</b>
<b>OCT</b>	<ul style="list-style-type: none"> <li>■ PROGRAM SELECTION OPENS</li> <li>■ CAN START ASSIGNING DOCUMENTS TO PROGRAM</li> </ul>
<b>NOV</b>	<b>MSPR, TRANSCRIPT MILESTONE</b>
<b>NOV</b>	<b>MAIL LETTER OF REFERENCE MILESTONE</b>
<b>NOV</b>	<b>APPLICATION AND DOCUMENT SUBMISSION DEADLINE</b>
<b>JAN</b> to <b>FEB</b>	<b>INTERVIEW PERIOD</b>
<b>FEB</b>	<b>APPLICANT RANK ORDER LIST DEADLINE</b>
<b>MAR</b>	<b>MATCH DAY</b>

### CaRMS help desk

help@carms.ca  
1-877-227-6742

Always consult [carms.ca](http://carms.ca) for the most up-to-date match timelines, as they are time sensitive.

# Medical Expert **Action Words**

## Leader

Accelerated	Contracted	Facilitated	Instituted	Presided	Reviewed
Achieved	Decided	Governed	Lead	Prioritized	Scheduled
Administered	Delegated	Harmonized	Motivated	Produced	Spearheaded
Appointed	Designated	Hired	Named	Recommended	Strengthened
Assigned	Directed	Implemented	Negotiated	Reconciled	Supervised
Chaired	Executed	Improved	Oversaw	Reorganized	
Conducted	Evaluated	Initiated	Planned	Reported	

## Communicator

Addressed	Conferred	Documented	Inspired	Published	Suggested
Aided	Consulted	Drafted	Interpreted	Read	Summarized
Advised	Contributed	Edited	Interviewed	Recruited	Talked
Appraised	Convinced	Enlisted	Mediated	Represented	Translated
Arranged	Corresponded	Explained	Merged	Reported	Unified
Authored	Counselled	Expressed	Moderated	Resolved	Updated
Briefed	Debated	Formulated	Printed	Rewrote	Verbalized
Clarified	Directed	Influenced	Promoted	Spoke	Wrote

## Scholar

Analyzed	Critiqued	Extrapolated	Located	Solved	Uncovered
Calculated	Diagnosed	Gathered	Monitored	Studied	Verified
Catalogued	Discovered	Identified	Observed	Summarized	
Collected	Evaluated	Inspected	Organized	Surveyed	
Compared	Examined	Interpreted	Proved	Synthesized	
Conducted	Explored	Interviewed	Researched	Tabulated	
Correlated	Extracted	Investigated	Reviewed	Tested	

## Professional

Achieved	Expanded	Provided	Risked	Succeeded	Utilized
Adapted	Furnished	Raised	Saved	Supported	Widened
Attained	Increased	Recommended	Simplified	Surpassed	Won
Completed	Introduced	Reduced	Solved	Transferred	
Contributed	Multiplied	Restored	Streamlined	Troubleshoot	
Decreased	Opened	Revamped	Strengthened	Uncovered	
Eliminated	Pioneered	Revised	Structured	Unified	
Established	Proposed	Revitalized	Submitted	Upgraded	

## Health Advocate

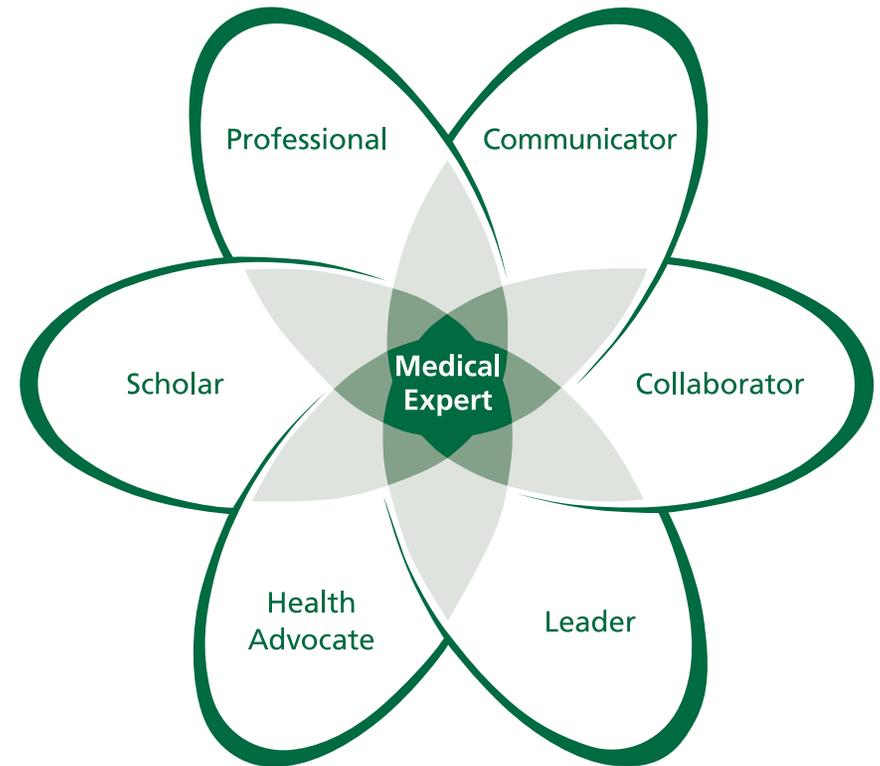
Advised	Cared	Diagnosed	Familiarized	Provided	Served
Advocated	Clarified	Educated	Guided	Referred	Suggested
Aided	Coached	Empathized	Helped	Rehabilitated	Supported
Assessed	Communicated	Encouraged	Intervened	Related	Trained
Assisted	Coordinated	Expedited	Mentored	Represented	Tutored
Attended	Counselled	Facilitated	Motivated	Saved	Volunteered
	Delivered				

## Collaborator

Allied	Cooperated	Implemented	Managed	Resolved	Transitioned
Banded	Demonstrated	Interdisciplinary	Negotiated	Shared	Understood
Collaborated	Engaged	Joined	Participated	Teamed	
Combined	Established	Maintained	Respected	Transferred	

# CanMEDS Framework

CanMEDS is a framework that identifies and describes the abilities physicians require to effectively meet the health care needs of the people they serve. These abilities are grouped thematically under seven roles. A competent physician seamlessly integrates the competencies of all seven CanMEDS Roles. It is important to integrate the CanMEDS language into your residency application documents to emphasize your competencies in these areas.



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## Resources and supports for writing your CV

### [CV guide](#)

Writing Your CV and PL (Year 1 lecture)

Components of a Residency Application (Year 2 lecture)

CV and PL Workshops (Year 3)

Residency Application Review appointments (Mandatory for Year 4 students)

### [CV and PL review appointments with a Career Advisor](#)

### [The USask Library's Writing Help Desk](#)

### [AAMC's Preparing Your CV](#)

### [Student-moderated CV & PL bank](#)

### [NLM citation format for your publications and presentations](#)

Send your questions to [med.careeradvising@usask.ca](mailto:med.careeradvising@usask.ca)

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