



YOUR MATCH YEAR

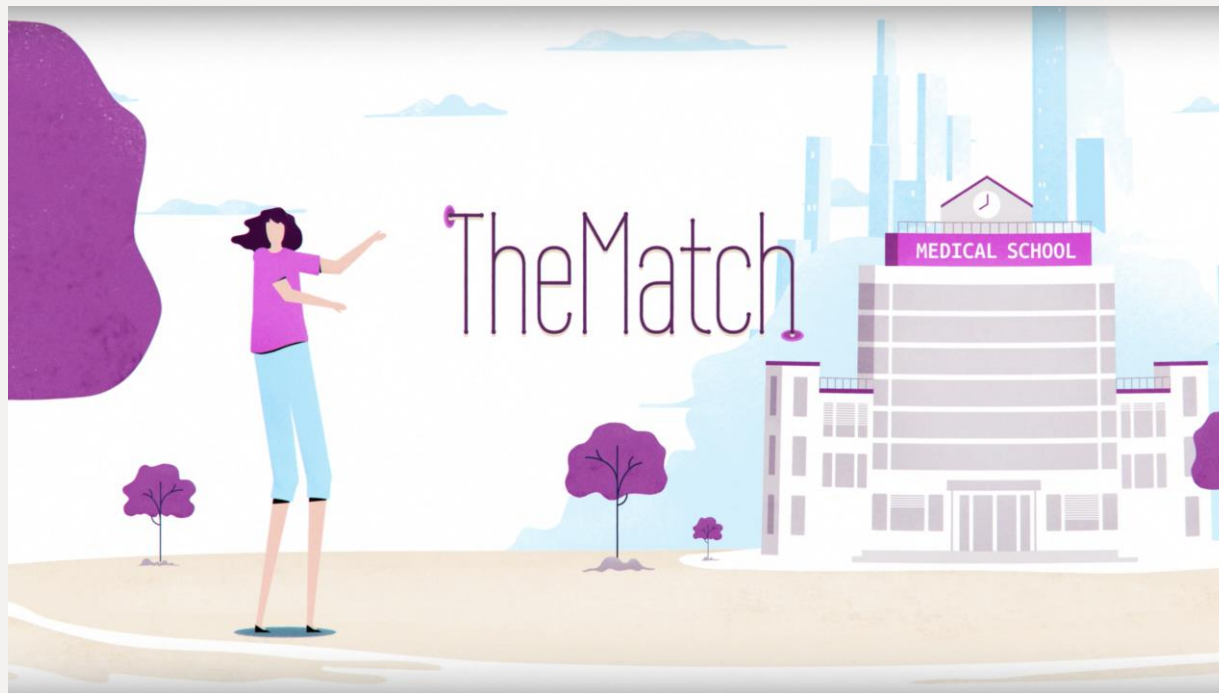
Canadian Medical Graduate Presentation





- ✓ Walkthrough of the match year
- ✓ Policies, process, expectations and match data
- ✓ Answer your questions

What does CaRMS do?



About CaRMS

- CaRMS is a national independent, non-profit organization
- We provide a **fair, objective, reliable** and **transparent** application and matching service
- Since 1970, we have matched **75,000+** medical students to residency training positions in Canada



Policy vs. process

Match Policy +
Eligibility Requirements

Match Process +
Algorithm

Match Results

17 Canadian Faculties
of Medicine

Provincial Ministries of
Health

The Association
of Faculties of Medicine
of Canada
(AFMC)

+



=



What is the match?

Resembles a job application

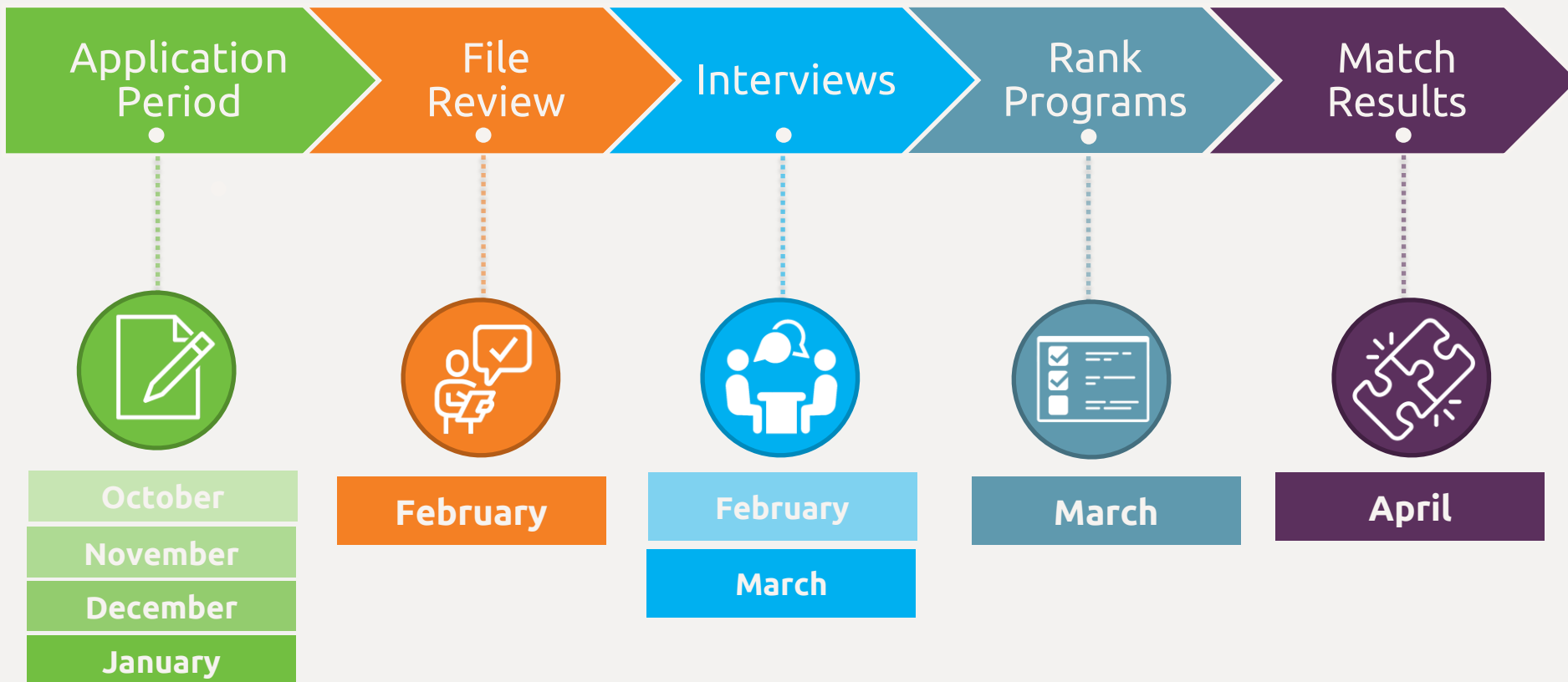
- Application submission
- Application review period
- Interview process

Key differences:

- Rank order lists
- Math-based algorithm
- Results are announced at the same time



Phases of the Match year



Application period



Application period

File review

Interviews

Rank programs

Match results

Application Period: October 4, 2021 – January 31, 2022

- ✓ Review the timelines
- ✓ Review program descriptions
- ✓ Complete your applications
- ✓ Upload supporting documents
- ✓ Assign **requested** documents to programs
- ✓ Submit your applications to programs

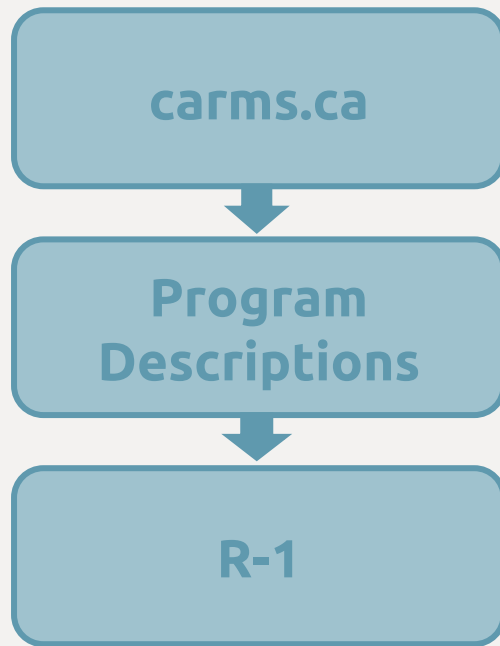


Program descriptions: October 4, 2021

Found on **carms.ca**

Information includes:

- Available positions (Quota)
- Required documents
- Selection criteria
- What to expect in training



Getting started with CaRMS Online

- ✓ Access information distributed to you by email on October 4 after noon ET.
- ✓ Complete your registration to activate your account
- ✓ Review your applicant contract and data sharing options
- ✓ Participate in the R-1 match



What is in your CaRMS contract?

- Outlines your **obligations**, as well as those of CaRMS, and faculties throughout the match process
- A match is a **binding** contract between you and programs
- You are responsible for the completeness and accuracy of the information provided to CaRMS and programs
- You are expected to conduct yourself in an ethical and professionally responsible manner



Match Violations Policy

- Protects your right to a fair and safe match experience by requiring everyone involved to behave professionally, ethically and responsibly
- Provides **clear examples** of actions that could constitute violations
- **Sanctions based on severity of violations**—ranging from a remedial caution to a multi-year ban from the match
- Reporting a suspected violation will not affect your application or match status
- report suspected violations to compliance@carms.ca

Visit carms.ca/policies to review
the Match Violations Policy

Medical Identification Number for Canada (MINC)

- The MINC is a unique identifier for all individuals who enter the Canadian medical education system.
- Required to participate in the match

Ways to obtain a MINC:

- Reach out to your Undergraduate office
- Contact the Medical Council of Canada (MCC) and register for your MCCQE1 examination

Data sharing agreements

- CaRMS shares data with organizations outside of the application and matching process
- You are able to review the consent module within CaRMS Online and control what you choose to share
- Choosing to not share your data has no impact on your application or match process



Preview of CaRMS Online

MY INFORMATION ▼



MY DOCUMENTS ▼

MY APPLICATION ▼

MY RESULTS ▼

Profile

- ✓ Personal Information
- ✓ Language Skills
- ✓ Licensure

Education

- ✓ Non-Medical Education
- ✓ Medical Education
- ✓ Undergraduate Clerkship Electives
- ✗ Postgraduate Training/ Internships
- ✗ Residency Electives
- ✓ Non Clinical Training

Examinations

- ! physiciansapply.ca transfers
- ✗ United States Medical Licensing Examination
- ! Language Proficiency
- ✗ Certifications

Experience

- ✓ Work
- ✓ Scholarly Activities and Research
- ✓ Volunteer
- ✗ Clinical Practice
- ✗ Fellowships
- ✓ Publications / Presentations
- ✓ Achievements & Interests

Requested documents

- ✓ Medical school transcript
- ✓ Medical Student Performance Record (MSPR)
- ✓ Proof of citizenship
- ✓ Personal letter(s)
- ✓ Photo (JPEG max. 2 MB)
- ✓ Reference documents
- ✓ Additional document(s) requested by programs

**Be mindful of the
file size when
uploading
documents – 5MB
limit**

Transcript and MSPR

- You have the ability to upload the Transcript yourself within your CaRMS Online account
- The MSPR must be submitted to CaRMS by your undergraduate office
- Follow the local policies of your faculty regarding document submission to CaRMS



Proof of citizenship

- Some applicants' legal status can be auto-verified through the MCC by registering for a **physiciansapply.ca** account and getting a Canadian citizenship document verified
- If your legal status is not auto-verified, you will need to upload and assign a **notarized** or **certified** proof of citizenship document
- If uploading, acceptable documents vary by province



Personal letter

- Created in CaRMS Online
 - My Documents > Personal letters
- Required by each program
- Requested content varies by program
- This is a time-consuming task
- Suggestion: have your final letter(s) reviewed by a third party



Photos you may be considering...

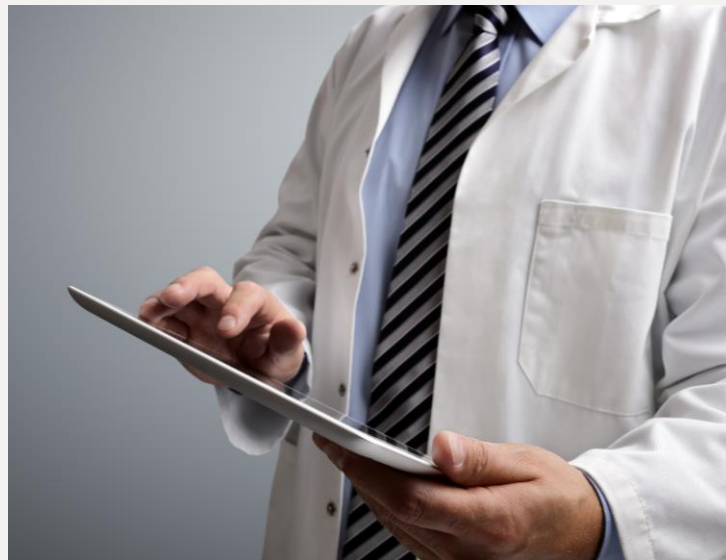


Photos you should be considering...



Reference Documents - Who do I ask?

- ✓ Preceptor who knows you well
- ✓ Preceptor who has evaluated your work during clinical electives
- ✓ Note their reaction/body language when you ask for a reference letter
- ✓ And if someone offers to write you a letter, accept!



Reference Documents - How do I request one?

1. Create a reference request in your CaRMS Online account
 - My Documents > Reference Requests
2. Once finalized, send the request to your referee
3. The referee can submit their reference document in CaRMS Online
4. Review the status of your reference document in the **Document Tracking** section of CaRMS Online

Use the **early reference document** form on carms.ca to make a request **prior** to the system opening in October

Other potential reference documents

- Other reference forms may be requested in place of **or** in addition to a letter of reference.
 - Formulaire d'appui (Québec universities)
 - Program specific reference forms
 - Discipline specific reference forms (national FM form; emergency medicine form)
- You must create a reference request for each reference document in CaRMS Online
- Details on which reference document a program is requesting will be outlined in their program description

CASPer test

- The CASPer test may be required by some provinces and/or programs. You must review provincial criteria and program descriptions
- Sessions offered can be found on takecasper.com and have **limited** seating
- Information regarding the dates to write the test and status updates regarding your result document will be emailed to you along the way
- *Altus Assessments Inc.* will request **consent to share** your result document with CaRMS
- CaRMS will upload the result document into your CaRMS Online account for you
- Results are only valid for **the current match cycle**

Other potential documents that may be required

- Family medicine situational judgement test
- Language exams
 - Test de français international (TFI)
 - TOEFL and/or IELTS
- Custom resumé (CV)
- Undergraduate and Graduate transcript(s)



Translation services for applicants with bilingual application

- We facilitate translation services through a third party
- CaRMS' translation service is not mandatory – other third-party translations are accepted
- Centralized translation within CaRMS Online
- Translations are guaranteed if requested by the translation request deadline(s)
- Opportunity to review the translation of the MSPR and Transcript



Translation requests

- Reference Documents Deadline: **January 5, 2022 at 17:00 ET**
- Transcript and MSPR Deadline: **January 10, 2022 at 17:00 ET**
- Three document types available for translation:
 - Reference Document = \$128.75/ per document
 - Medical School Performance Record = \$309.25
 - Medical School Transcript = \$257.50

Application to programs

- Opens on December 8, 2021
- You apply to a University + Discipline + Location (UBC + Family Medicine + Vancouver)
- You are charged a program application fee for each university + discipline only (UBC + Family Medicine)
- Three-step process:
 - ✓ Select the program(s)
 - ✓ Assign requested documents
 - ✓ Submit your application(s)



Document Assignment Checklist

Document assignment:

Canadian citizenship



Language proficiency



Reference documents




Additional documents



Section Description:

Applicants need a minimum of 3 reference letters but may submit more.

Required:

-  Letter of reference (3 / 3)

☒ I acknowledge the program's requirements and consider the document assignment status to be "Complete".

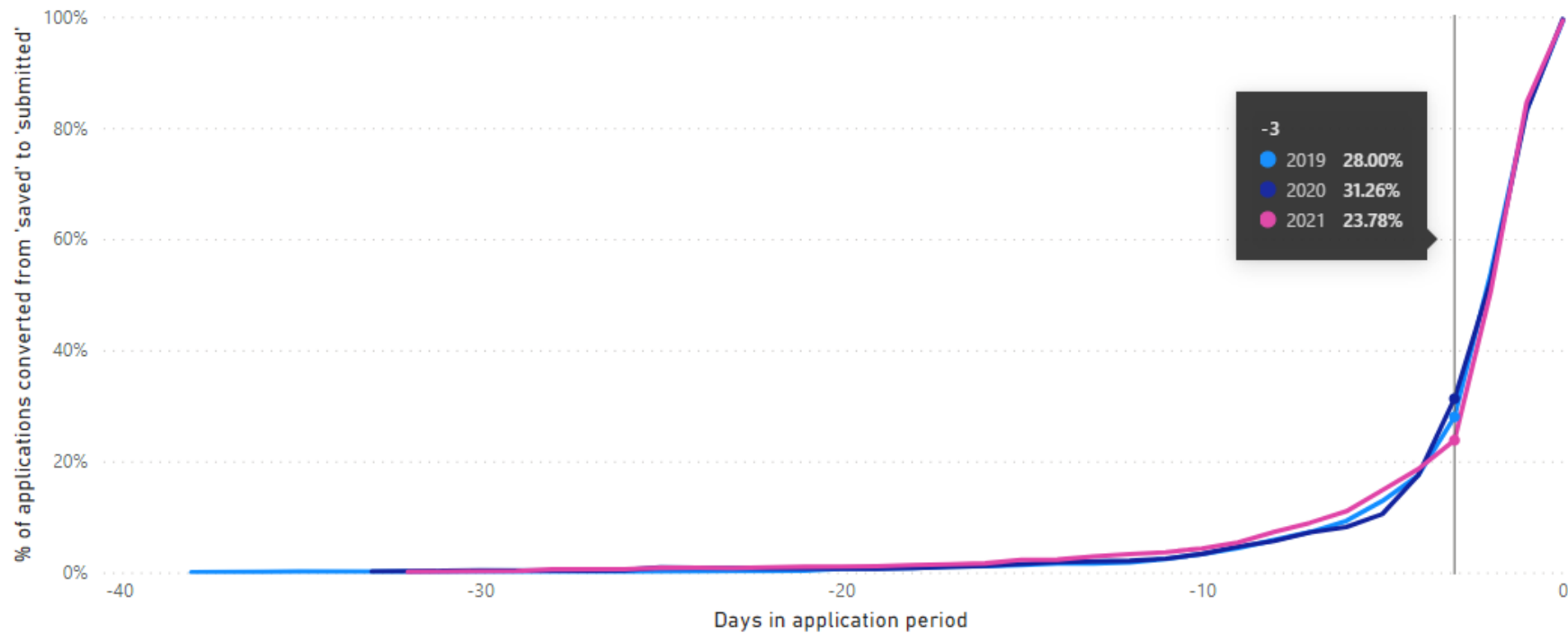
Application Deadline: January 31, 2022 at noon ET

- Applied to programs and ensured you have assigned **all requested documents**
- Applications and documents submitted after the deadline will be **time-stamped as late**

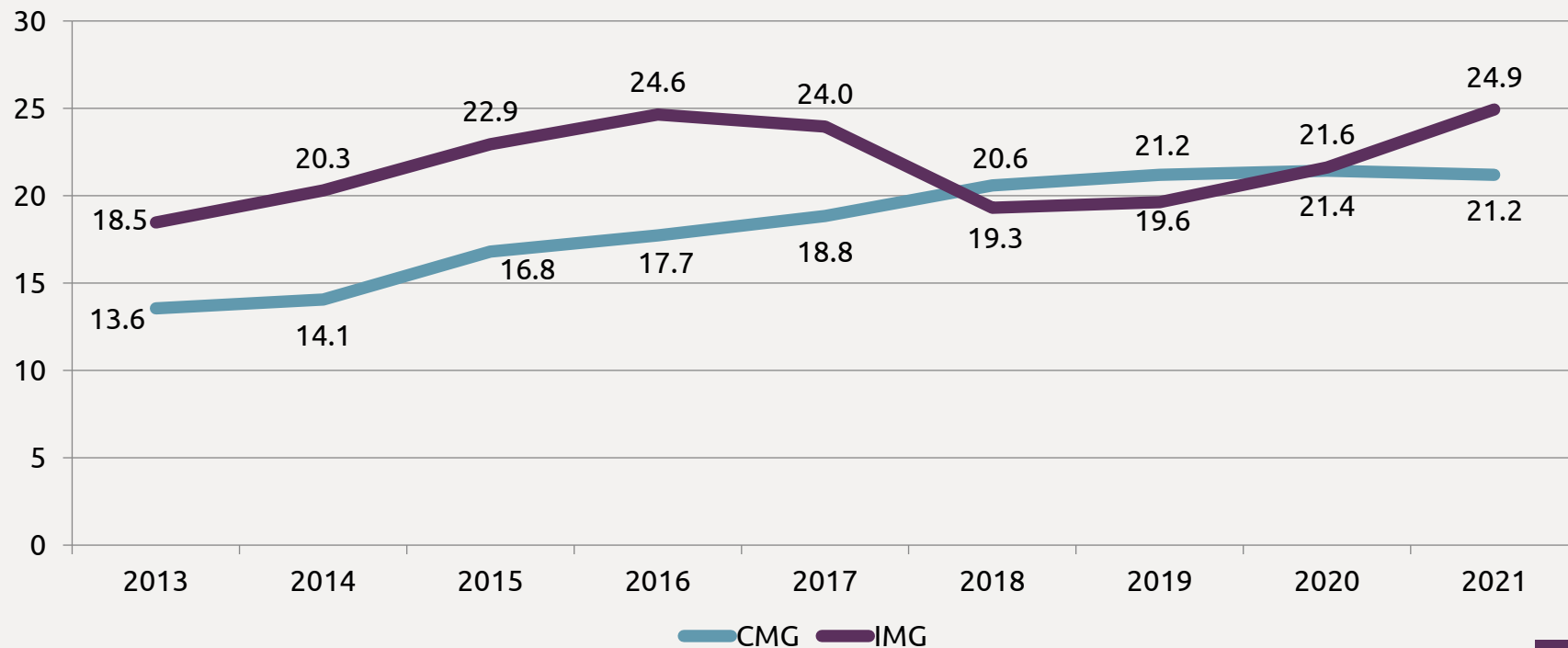


Application behavior leading up to submission deadline

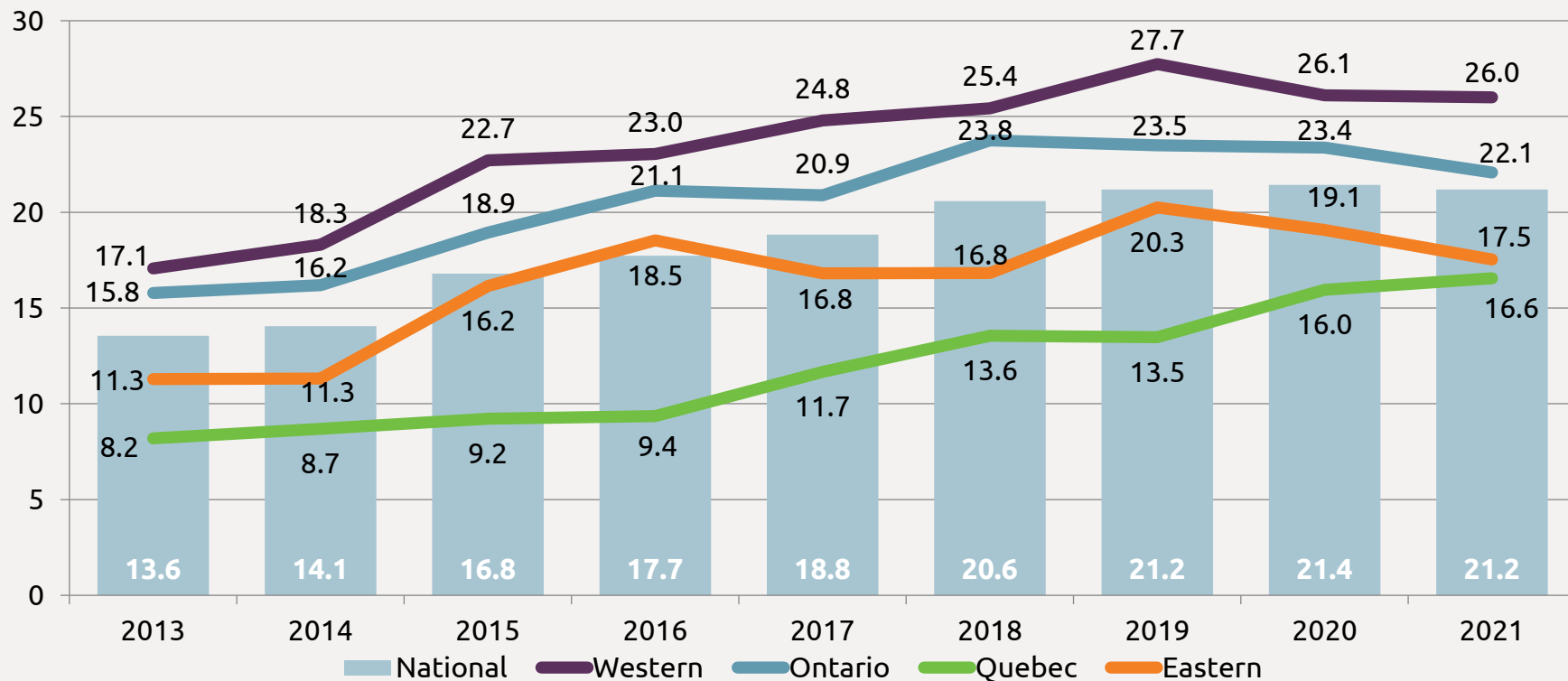
R1 Match ● 2019 ● 2020 ● 2021



Average number of program applications



Average number of CMG program applications, by region



File review



File Review period: January 31 – February 28, 2022

- ✓ Review program descriptions for interview details
- ✓ Practice your interview skills
- ✓ Review the **Interview Offer Status** section within your CaRMS Online account



What are file reviewers looking for in my application?

- Programs must enter their program goals within their program description
 - **Example:** *That residents in our program acquire the necessary skills to prepare them for practice in any setting, and in particular - northern and rural communities.*
- Programs must enter their selection process goals
 - **Example:** *Applicants who possess attributes of prioritizing their own personal well-being and work-life balance.*
- Programs must include components that are evaluated during the file review and interview processes
 - **Example:** *Extra-curricular activities as it demonstrates if the applicant prioritizes personal interests and work-life balance.*

What are file reviewers looking for ? - Cont'd

- Programs must specify if they evaluate information gathered outside of the CaRMS application
 - **Example:** *We search applicants on social media*
- Programs are required to indicate any potential reasons they would not rank an applicant
 - **Example:** *Unprofessional or inappropriate behavior during interviews or the match process*

Interviews

Application
period

File review

Interviews

Rank
programs






Match results

Interview period: February 28 – March 20, 2022

- ✓ Review [interview guidelines](#) on carms.ca
- ✓ You will be able to view the global interview schedule and specific interview dates for the programs you applied to.
- ✓ Interviews will be conducted virtually for the 2022 match cycle
- ✓ Ensure you are ready for any interviews at this time

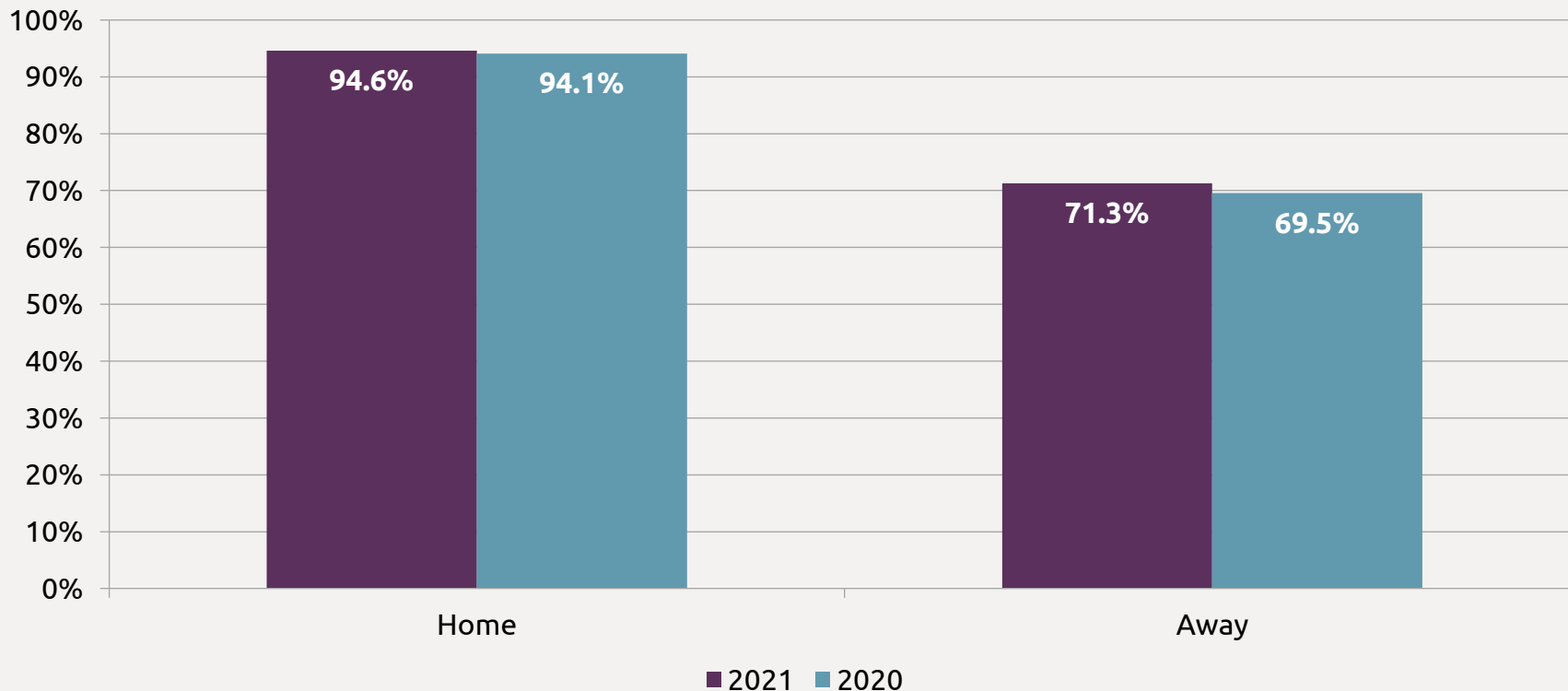


Interview offer status

Interview offer status legend	
	Selected for interview
	Not selected for interview
	Waitlisted
	Not conducting interviews in this match/iteration
	Application submitted after interview status update deadline. The program is not obligated to update your interview status

- This tool allows you to know whether you should expect an interview offer from each program.
- This is **not** a tool to schedule interviews.

CMG applications resulting in an interview offer



Rank programs

Application
period

File review

Interviews

Rank
programs

Match results

Ranking period: March 7 – March 31, 2022 at 15:00 ET

- ✓ Create your rank order list
- ✓ SUBMIT your rank order list **before the deadline of March 31, 2022 at 15:00 ET**
- ✓ Deadline is **FINAL** and no modifications can be made after the deadline.



Best practices when ranking programs

- Rank in your **preferred** order
- Rank **only programs** where you are willing to match
- **No obligation** to rank a program after an interview
- Any previous conversations with programs regarding mutual interest are **not official, nor binding**
- Listing a residency program on your submitted rank order list establishes a **legal binding commitment to your match result**

Applicant Rank Order List Example

- | | |
|----|---------------------------------------------------|
| 1 | University of Ottawa / Pediatrics / Ottawa |
| 2 | Queen's University / Pediatrics / Kingston |
| 3 | University of Toronto / Pediatrics / Toronto |
| 4 | McMaster University / Pediatrics / Hamilton |
| 5 | Western University / Pediatrics / London |
| 6 | NOSM / Pediatrics / Sudbury |
| 7 | University of Ottawa / Family Medicine / Ottawa |
| 8 | Queen's University / Family Medicine / Kingston |
| 9 | University of Toronto / Family Medicine / Toronto |
| 10 | McMaster University / Family Medicine / Hamilton |
| 11 | Western University / Family Medicine / London |
| 12 | NOSM / Family Medicine / Sudbury |

Ranking as a couple

- Ranks get considered mutually
- Ability to rank the same program multiple times
- Your match result is tied to that of your partner
- You can retract the couple option **before** the rank order list deadline



Typical scenarios when creating a couple's rank order list

1. Rank programs in the same city
2. Rank programs in close proximity
3. Rank programs that are farther apart
4. The **no match** option is available **as a last resort** to allow one member of a couple to match if the other could not



Applicant A Rank Order List

1 University of Calgary / Pediatrics / Calgary

2 University of Alberta / Pediatrics / Edmonton

3 University of British Columbia / Pediatrics / Vancouver

4 University of Saskatchewan / Pediatrics / Regina

20 University of Calgary / Pediatrics / Calgary

21 University of Alberta / Pediatrics / Edmonton

22 University of British Columbia / Pediatrics / Vancouver

23 University of Saskatchewan / Pediatrics / Regina

100 University of Ottawa / Pediatrics / Ottawa

101 University of Calgary / Pediatrics / Calgary

102 University of Ottawa / Pediatrics / Ottawa

555 No match

1

2

3

4

Applicant B Rank Order List

1 University of Calgary / Neurology / Calgary

2 University of Alberta / Neurology / Edmonton

3 University of British Columbia / Neurology / Vancouver

4 University of Saskatchewan / Neurology / Regina

20 University of Alberta / Neurology / Edmonton

21 University of Calgary / Neurology / Calgary

22 University of Alberta / Neurology / Edmonton

23 University of British Columbia / Neurology / Vancouver

100 University of Calgary / Neurology / Calgary

101 University of Ottawa / Neurology / Ottawa

102 University of Alberta / Neurology / Edmonton

555 University of Calgary / Neurology / Calgary

You must know what you are willing to accept as your match result in the ranking period

- Success in the match is different for all applicants
- Determining which programs to rank can go beyond your interview experiences (rural or urban, west coast or east coast, personal interests)
- **Reminder:** there is no opportunity to change your rank order list after the deadline – please refer to the Match Violation Policy.

Previous R-1 Match Data

- What percentage of CMGs match?
- What percentage of CMGs matched to their first-choice **discipline**?
- What percentage of CMGs matched to their first-choice **rank**?



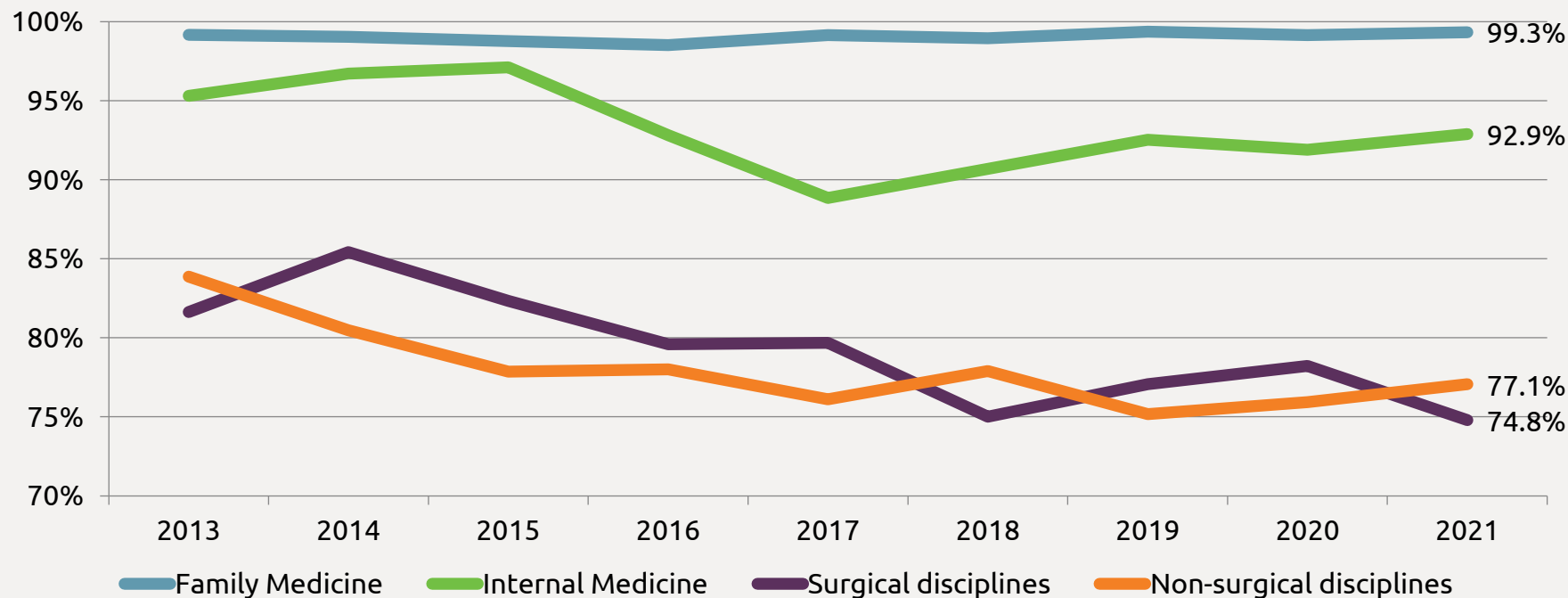


94.5 % of final-year
CMGs matched in the
first iteration of the
2021 R-1 Main
Residency Match

82.2 % of final-year CMGs
matched to their first-
choice discipline in the
first iteration of the 2021
R-1 Match



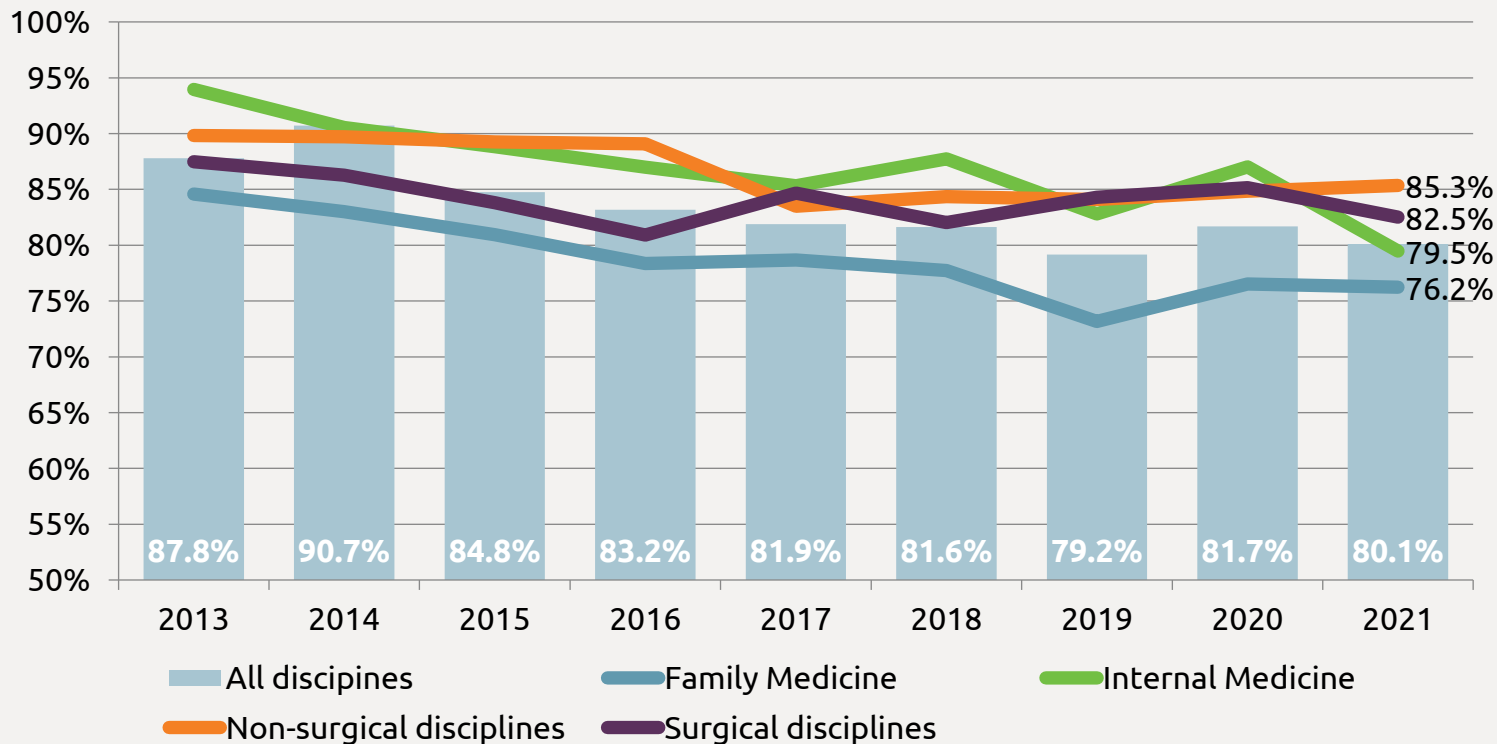
CMGs matched to first choice discipline by discipline group



57.3 % of final-year
CMGs matched to their
first-choice rank in the
first iteration of the
2021 R-1 Match



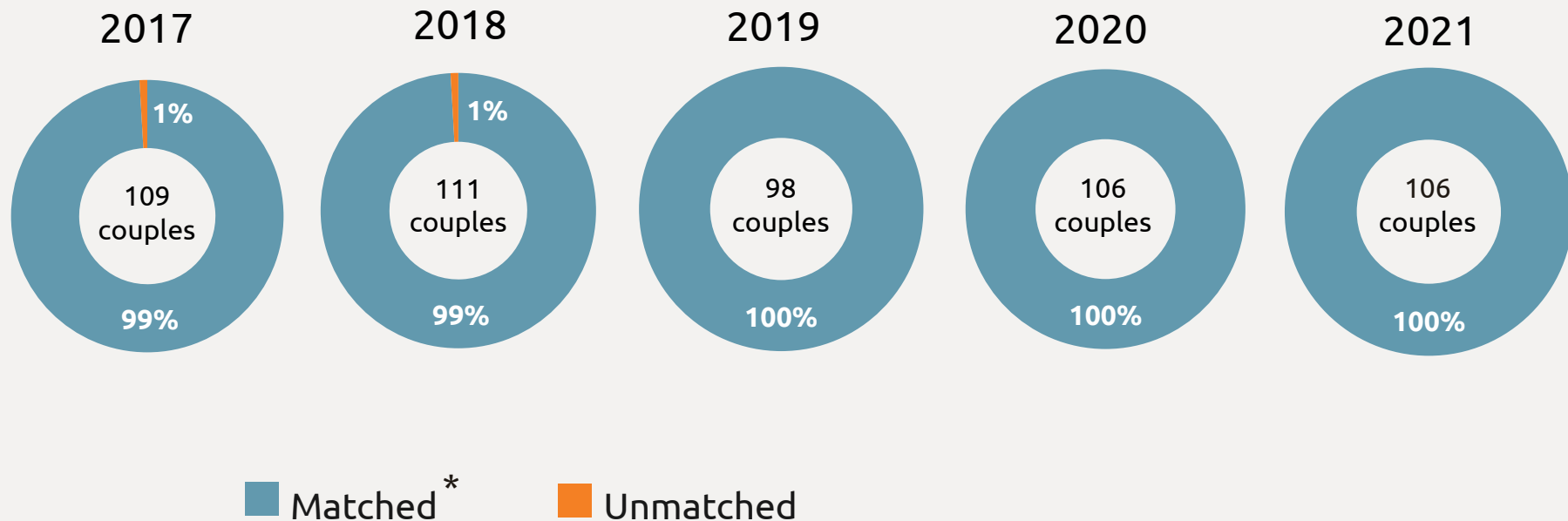
CMGs matched to one of their top three program choices



Program choice 2021

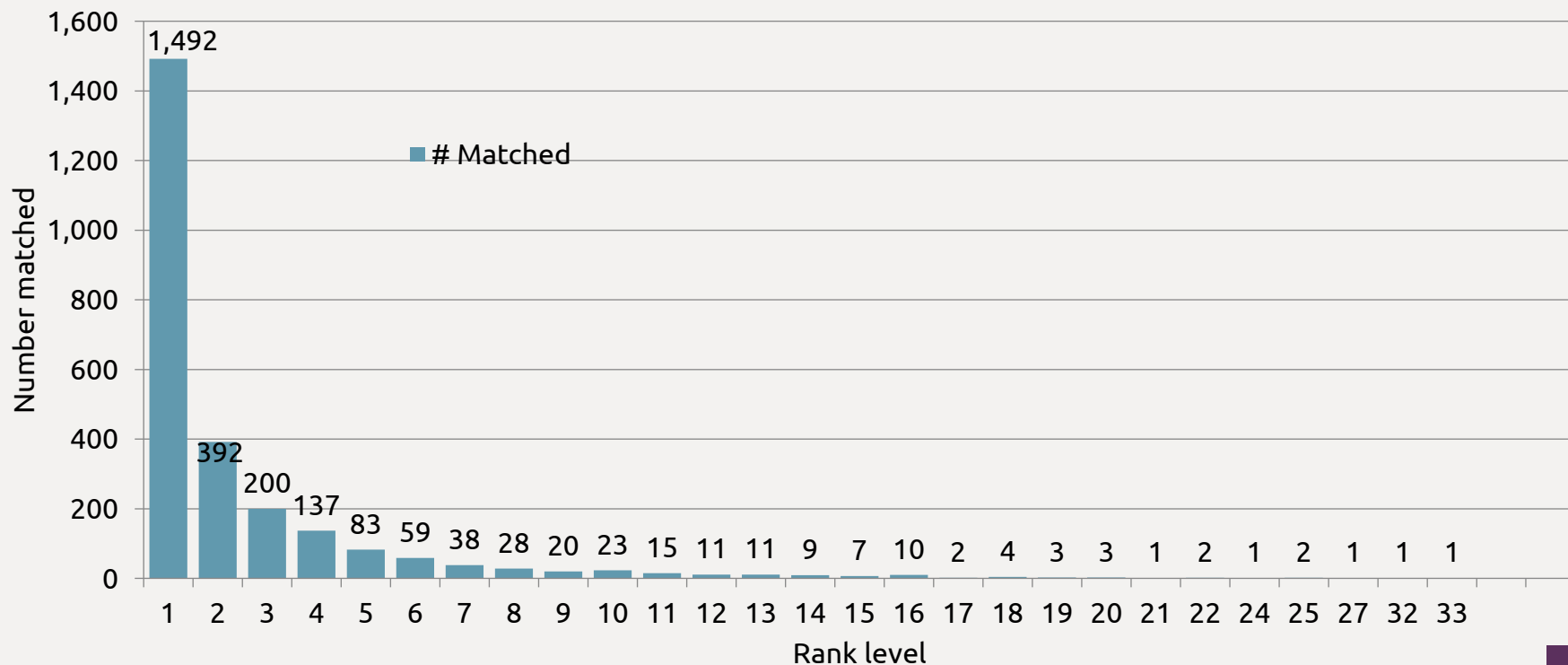
1st	57.3%
2nd	15.3%
3rd	7.5%
4th	5.3%
5th	3.4%
6th	2.2%
7th	1.6%
8th +	7.4%

CMG couples match rates

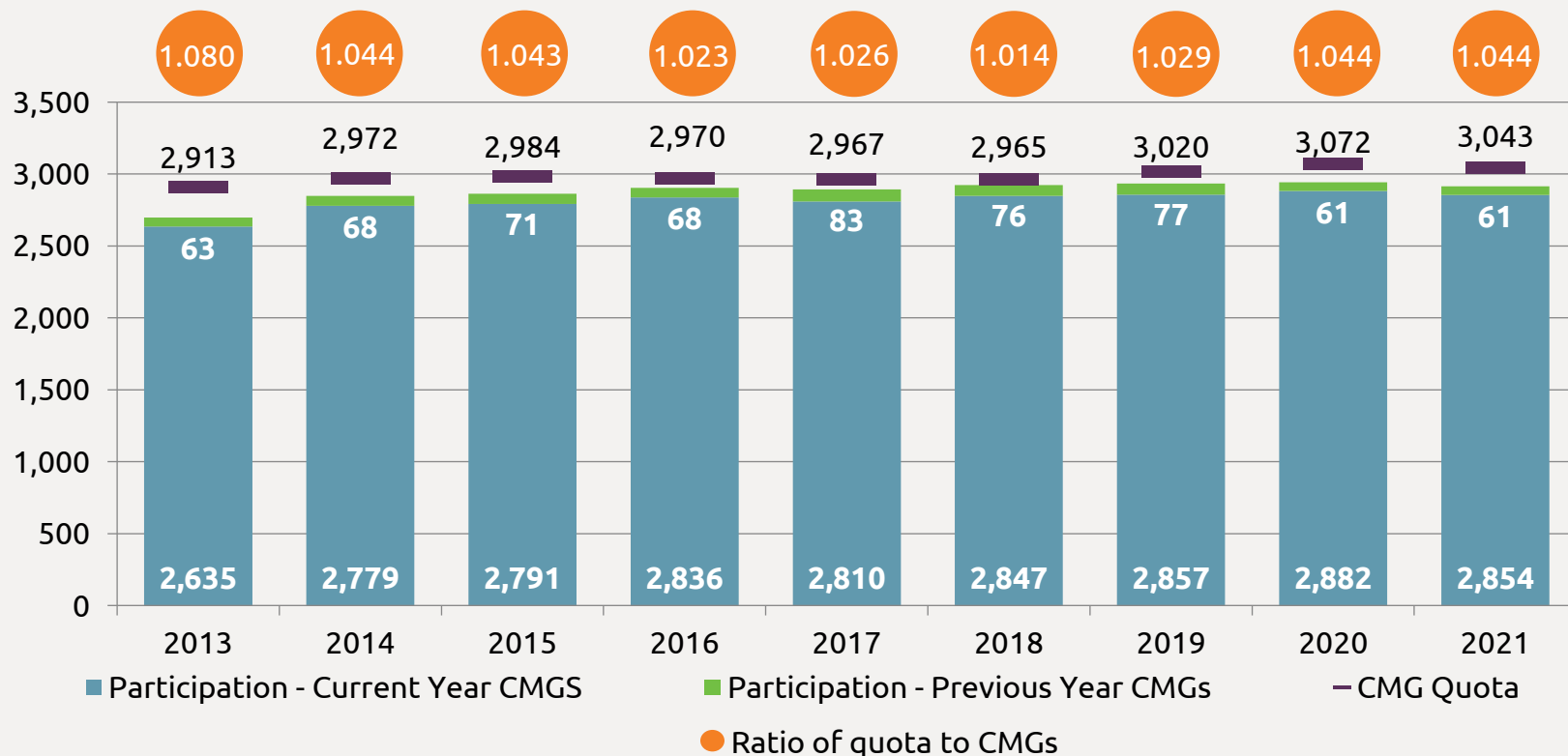


*Includes couples that matched only one partner

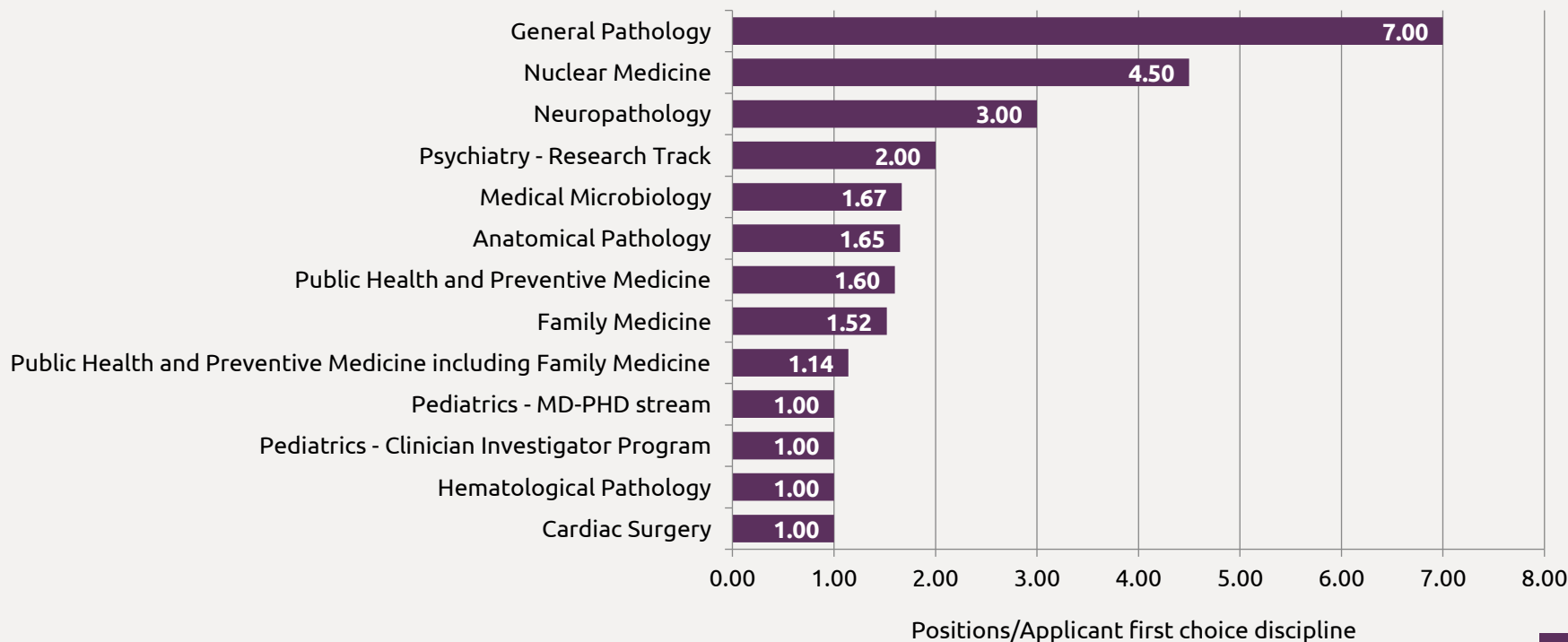
2021 CMG individual matched rank results



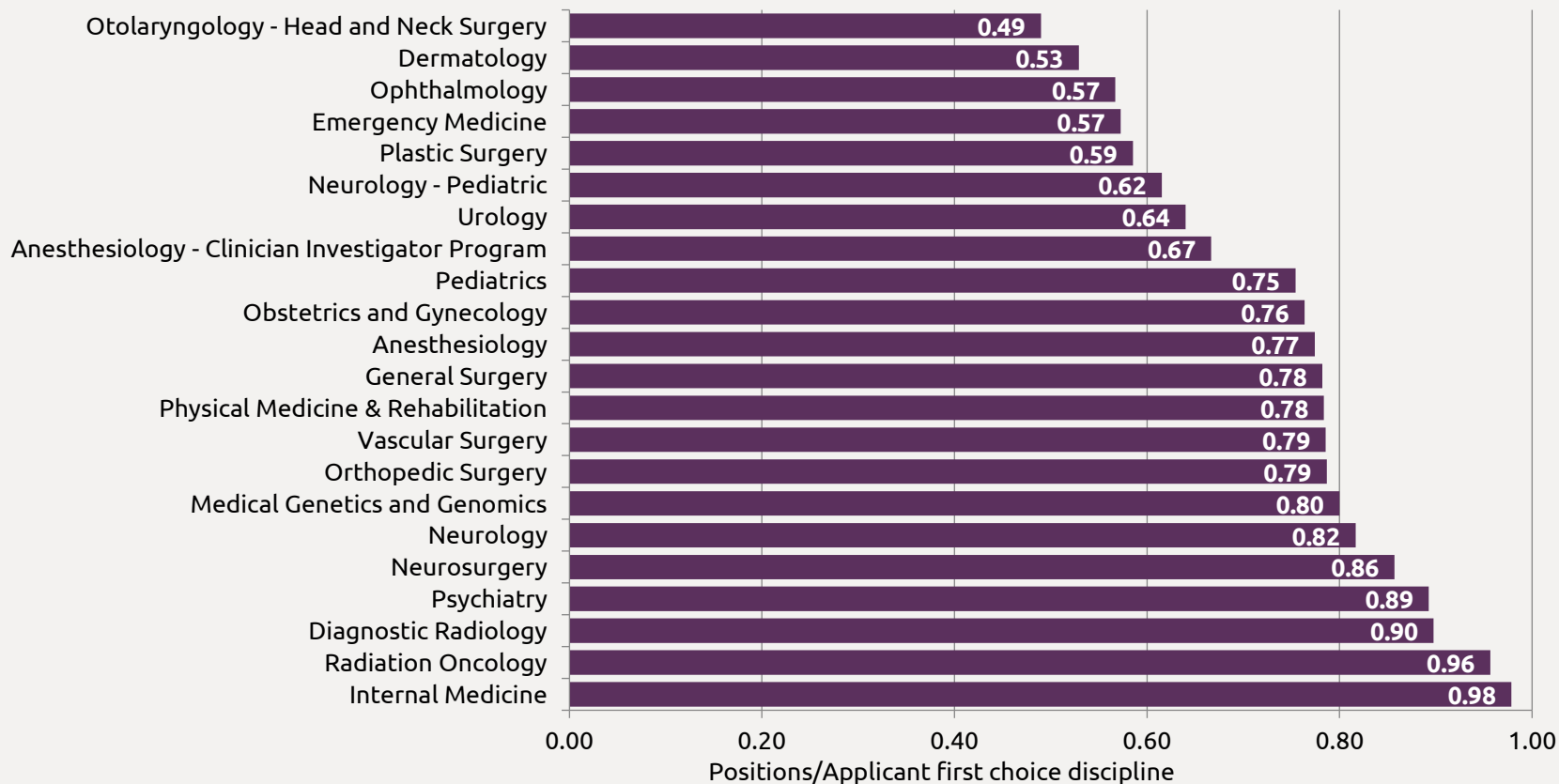
CMG quota, participation and ratio



CMG first choice discipline compared to availability (demand \geq supply)



First choice discipline (supply > demand) – Cont'



Is there a formula that guarantees a successful match?



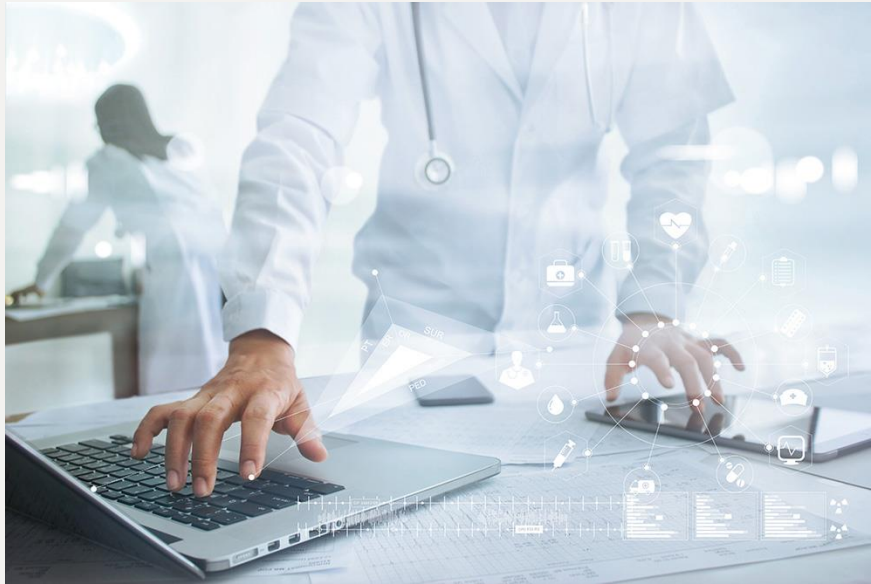
No, there are no hacks
for the match!

Rank in your **preferred** order
and not by where you feel
you have the best chance of
securing a position

me creating new accounts to get one
month free trials



Want to learn more about the match algorithm?



Visit carms.ca/algorithm for FAQs regarding the following:

- How it works
- Strategy & Best Practices
- Couples ranking
- “What if” scenarios

Match results


Application
period

File review

Interviews

Rank
programs

Match results



```
graph LR; A[Application period] --> B[File review]; B --> C[Interviews]; C --> D[Rank programs]; D --> E[Match results];
```

Match Day: April 12, 2022 at noon ET

Access the **Match Results**
section of your CaRMS
Online account



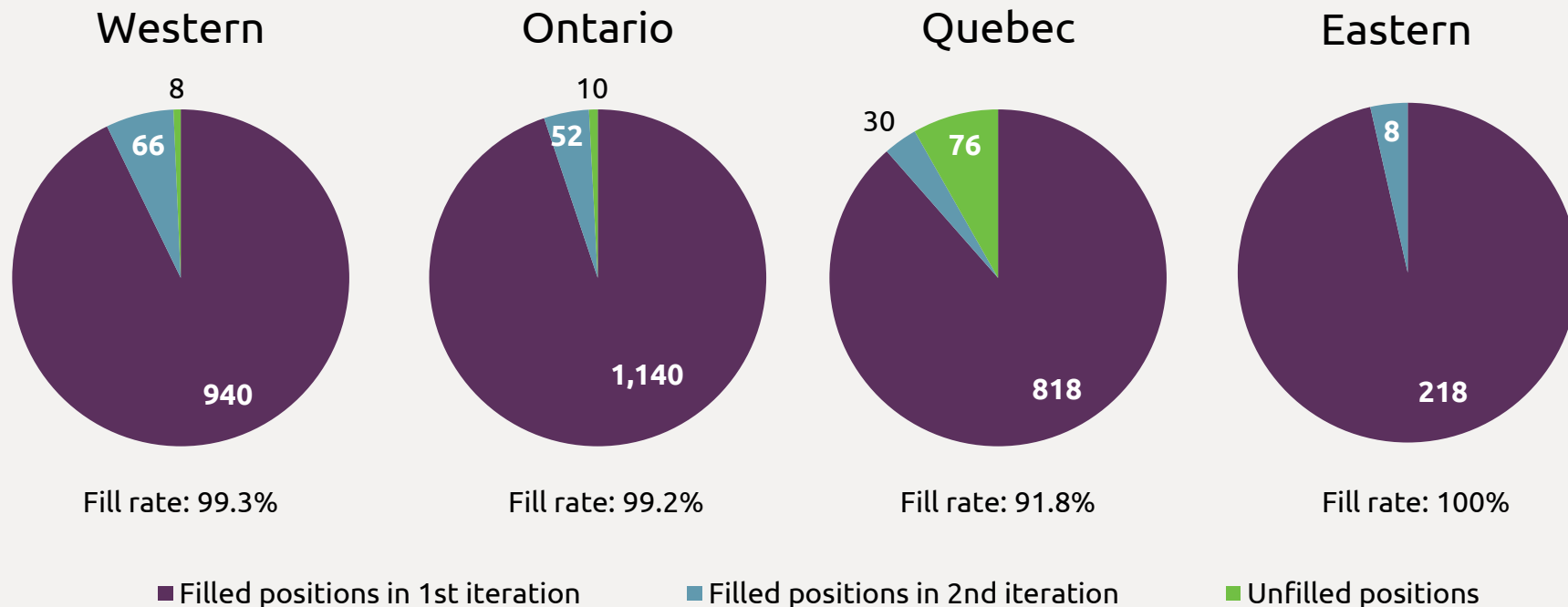
2021 R-1 match regional highlights (CMG applicant view)

First iteration						
Region	Current year graduates			Previous years graduates		
	Matched	% Matched	Unmatched	Matched	% Matched	Unmatched
Western	790	94.3%	48	7	87.5%	1
Ontario	921	95.0%	48	4	100%	0
Quebec	811	93.8%	54	37	78.7%	10
Eastern	174	95.6%	8	2	100%	0
Second iteration						
Region	Current year graduates			Previous years graduates		
	Matched	% Matched	Unmatched	Matched	% Matched	Unmatched
Western	26	66.7%	13	12	38.7%	19
Ontario	28	73.7%	10	9	64.3%	5
Quebec	13	61.9%	8	11	61.1%	7
Eastern	5	71.4%	2	2	66.7%	1

Unmatched current year CMGs after second iteration

	2021	2020
National	1.2%	0.9%
Western	1.6%	1.2%
Ontario	1.0%	0.8%
Quebec	0.9%	0.8%
Eastern	1.1%	0.0%

2021 R-1match regional highlights (program quota view)



Why might an applicant not match?

1. An applicant was not ranked by a program they ranked
2. An applicant did not rank a program that ranked them
3. An applicant was ranked by a program they ranked, but the program filled all their positions with preferred applicants



Advanced release of unmatched status

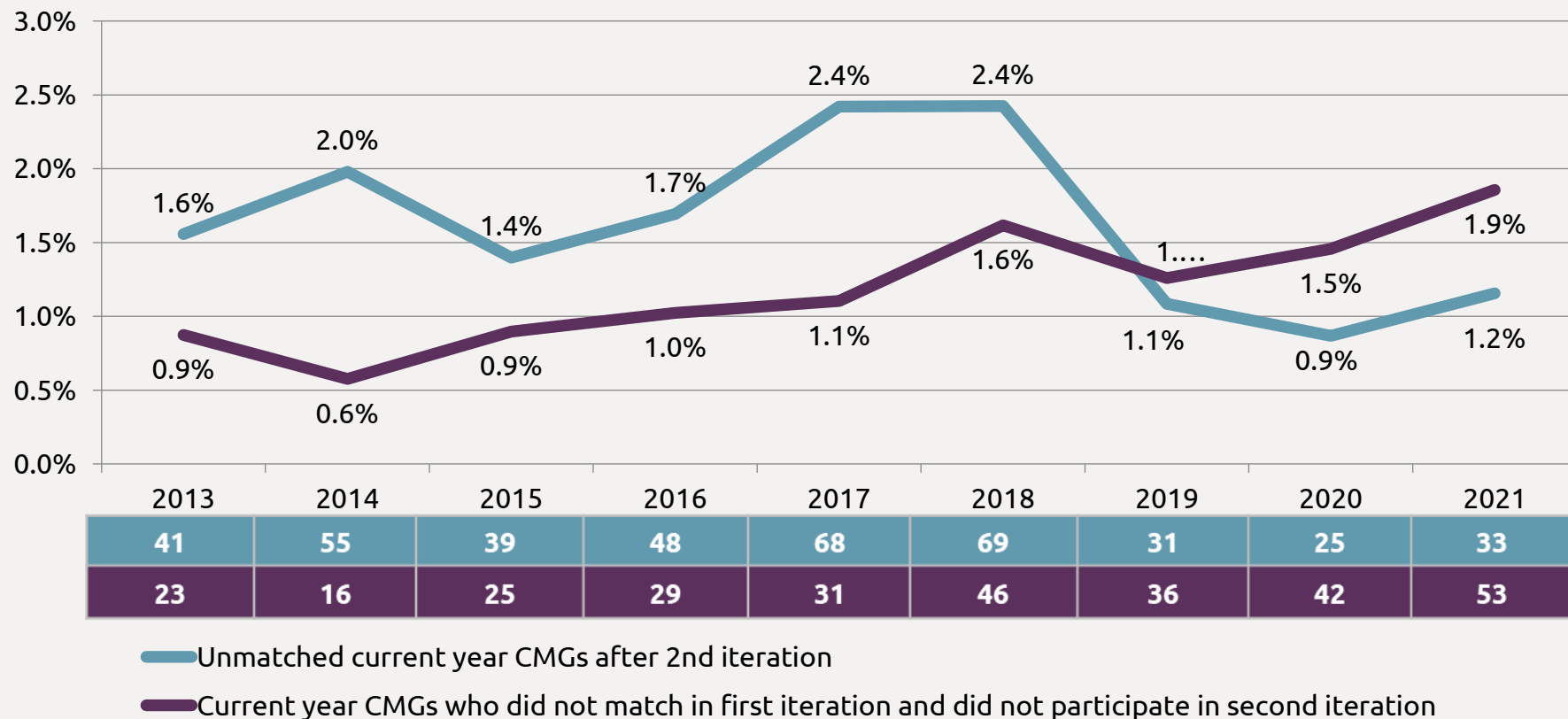
- You are able to opt in or opt out of sharing your unmatched status with your undergraduate office
- Should you opt in and go unmatched, your status will be shared with your undergraduate office 24 hours before match day
- Undergraduate offices follow their own local practices to support students

Second iteration

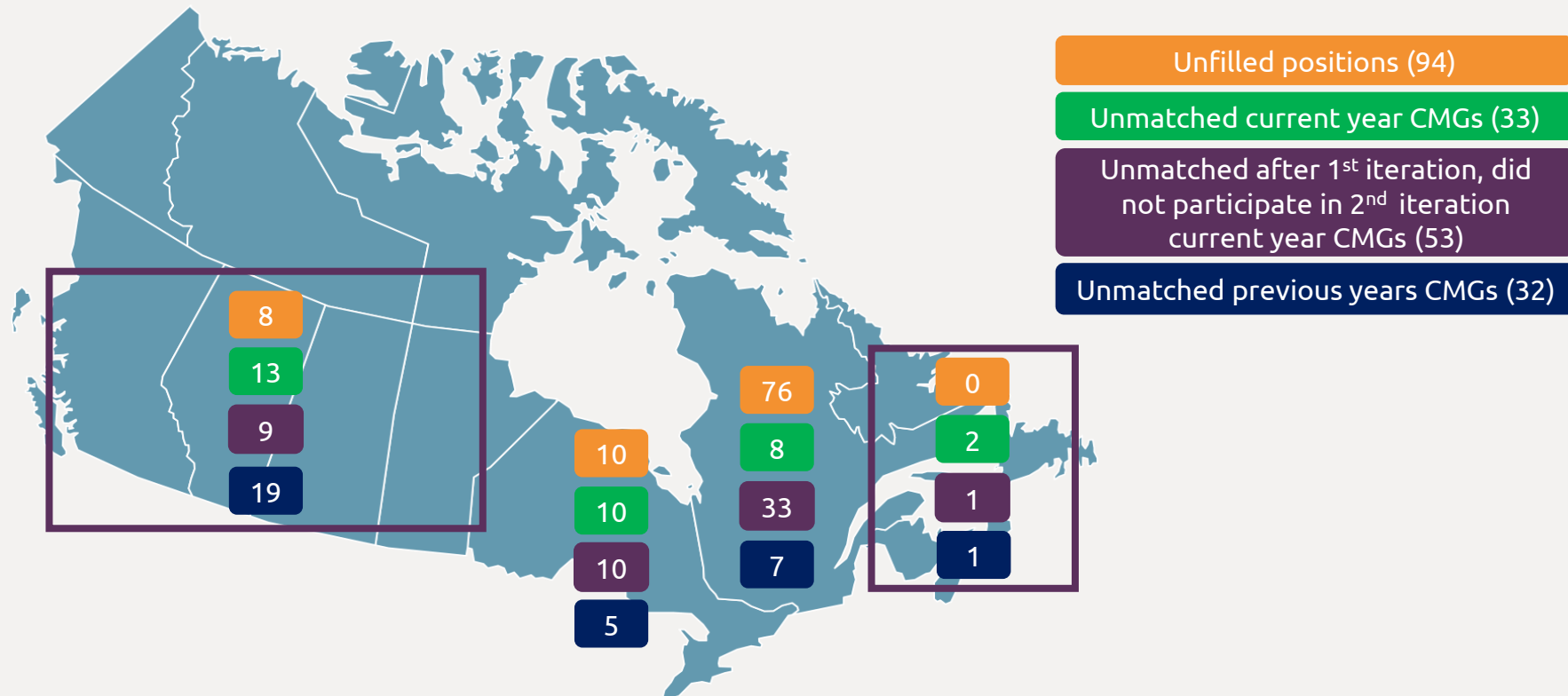
Second Iteration - Key differences

- April 12 at noon ET – May 12 at noon ET, 2022
- Not all disciplines will be available
- Positions are not available in every location
- Positions can be competitive
 - i.e. IMGs are eligible for the same positions as CMGs in certain provinces
- Current medical residents are eligible to apply

Unmatched current year CMGs after second iteration

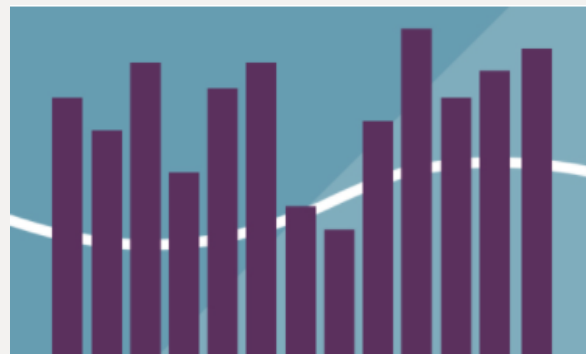


Unfilled positions and unmatched graduates after second iteration, by region



More data on carms.ca

- Over 60 reports available under the **Data & Reports** section
- Data showing relation between applicant reported electives and match results
- Interactive tool with 10+ years of R-1 data
- CaRMS Forum presentation slides



R-1 match electives data



R-1 match interactive data

Getting the help you need



- carms.ca
- Help Center – carms.zendesk.com
- Emailed reminders
- **Twitter:** @CaRMS_CA
- **Facebook:** Facebook.com/carms.ca
- **YouTube:** Youtube.com/CaRMSvideo

CaRMS client services team – Monday to Friday

By phone

1.877.227.6742

9am to 6pm (ET)

By chat (CaRMS Online)

9am to 5pm (ET)

By email

help@carms.ca

aide@carms.ca



Survey

<https://www.surveymonkey.com/r/RS75N7P>



Questions and answers