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August 2011

Issue No. 5

Dean's Comer...

What it's all about....



We did it!

The graduation ceremony for the Inaugural Class of 2011 is a moment that I will cherish for the rest of my life. It was the culmination of five years of planning, determination and hard work on the part of the students, faculty, staff and the entire University community. I am so proud of our graduates and our entire student body.

The DO Class of 2011 celebrated its graduation on May 14, 2011. Third and fourth years, keep your eyes on the prize...this will be you soon!

* Be sure to share your Rotations Snapshots with us!! Email to [Amy Drittler](#), Associate Director of PR and Marketing.

Those of you in rotations, keep in mind that your day of celebration is coming. We are here to help you through your rotation years, and I personally can't wait to shake each and every student's hand on their graduation day!

Words of Wisdom...Part 1

This month's words of wisdom

-Dean Stowers

are brought to you by

Upcoming Events



[White Coat Ceremony for the Class of 2015](#)

[AOA OMED 2011](#)

ERAS: The Early Bird Gets the Worm!

Do not expect your designated dean's office to attach or transmit your files at the last minute.

Processing may take a week or longer. If there is a problem with transmissions, you may miss a deadline. Give your designated dean's office and yourself enough time to meet your deadlines.

Ensure documents are sent to your designated dean's office as early as possible.

Library Nook



[The Lon and Elizabeth Parr Reed Medical and Allied Health Library.](#)

The library has numerous procedures videos you can watch to prepare you for doing procedures during rotations.

Dr. Michael Wieting, Assistant VP of New Program Development



THE PERSONAL STATEMENT:

The personal statement is the only part of the application "package" that doesn't focus on some sort of grades, test scores, or the perceptions of others, (i.e., recommendation letters about you), and is a critical part of your overall application document package for residency. Not that those other things aren't important - they are, but you should not underestimate the power of a well-written personal statement. Residency program directors and their selection committees have a tough job - much like medical school admissions committees - of sorting out from all the applications they receive, those that are most attractive to them. The personal statement is a great way to get their attention. In fact, sometimes, the personal statement is what puts an applicant "over the edge," when the competition is really keen (and many other factors are more equal).

The personal statement should show the reader that you have what it takes to be a great addition to their already established, well functioning team of attending physicians and other clinicians, staff members and other residents and should stimulate their curiosity about you and want them to learn more about you. It is a good idea to try to accomplish a few things in the personal statement:

- a. Let the reader know how you've come to select the specialty you're applying to. What is it that finally showed you that you wanted to do that specialty? What is it about the specialty that excites you, that stimulates you, that makes you want to do that type of medicine for the rest of your career? Using specific references to experiences, clinical and otherwise, that helped you come to that decision is a good idea. You may also want to tell how a part of your medical training thus far has appealed to you a lot, especially if it is directly related to your specialty choice- but only do that if it is applicable. In any case, you want to make sure that the reader has no doubt in his or her mind about your commitment to the specific specialty and why that is the case.
- b. Every specialty makes use of certain talents and every competitive applicant will focus, at least in a general way, on the types of skills inherent to a particular specialty, so the statement should give a glimpse of what you specifically have in terms of unique talents and skills that should make you very attractive to the programs you're interested in and applying to. A good way to do this is via mentioning your applicable personal experiences, possibly outside, as well as inside medicine. For example, if you're interested in psychiatry, you might focus on the fact that you worked in a counseling center as a peer counselor as an undergraduate. This might give some insight into skills you may have that would be better developed than other applicants and would then make them more interested in you, and that could result in an invitation for an interview or an audition rotation, or both, so they can get to know you even better. In any case, you want to be as specific as you can about your strengths so that your personal statement gives a vivid picture of you as an individual applicant and so it separates you from the herd of other applicants.

This spreadsheet includes an alphabetical list of videos by topic that details where the videos can be found.

[Procedures Videos Spreadsheet](#)

The Go-To List

[DCOMDO](#) - Your everything guide to student life at LMU-DCOM

[LMU-DCOM](#) - Official website

[Calendar](#) - Get your datebook ready and write these down!

Find us on [Facebook](#) 

Follow us on [twitter](#) 

View our profile on [Linked In](#) 

Pathway Tips

LMU is in the process of moving away from communicating via mass email with the entire campus community in favor of posting announcements to LMU's internal portal, [Pathway](#). HOWEVER, you can still receive Pathway alerts via email. Sign into Pathway, click on Welcome, [last name, first name] in the upper right corner, and select "My Settings." From this screen you can select what types of information you would like to receive via email. Each time a new item is placed in that category, you will receive an email alerting you to the new posting. For example, LMU's weekly campus newsletter, Campus Linc, is now posted to Pathway each Friday. By setting up your email alerts, you can still click through and read Campus Linc via email. Email amy.drittler@lmu.edu if you are having any trouble with the Pathway site.

NOTE: Items specific to DCOM, such as emergency weather announcements, will continue to be disseminated via email.

DCOM in the News

Programs are interested not only in your desire to train in their specialty but they also often look for people who might make meaningful contributions to their program as well. It is fine to talk about your strengths but do so in a modest way.

c. It is good to remember that you should think about focusing on the type of program you're interested in and what you're looking for (for example, some programs are very research-oriented and others are not, some are balanced between the two, some have a specific priority of training graduates for practice in a specific setting, such as rural or for preparing them for subspecialty fellowships, etc.) Remember as well that you can write different, specific personal statements for different types of programs, especially if you're torn about what your interests in a certain specialty are. It is extra effort on your part, but the benefits of being as specific as you can in making your statement as compatible as possible with programs you're interested in can be well worth the effort. Many applicants will not do that and this is a possible way to show you've done your homework regarding the type of program you're interested in and that you've taken the trouble and effort to find out more about their program, which you will have, hopefully, also determined is one compatible with your interests and goals. That will get the attention of the reader. It is fine to mention any personal or professional goals you may have in or for a residency program, but doing so in a general sense is best; it is also, if you think you know that already, fine to mention what you believe your specific career interests to be. For example, if applying to an internal medicine program that has a high priority of preparing its graduates for fellowship programs and is successful in doing so, you could mention that you're interested in a program that will give you a firm foundation in medicine to prepare you for your long term goal of pursuing a gastroenterology fellowship.

I think it is good to try to keep your personal statement to a typed page, certainly not over two, if at all possible. It should be succinct, direct, have no very long paragraphs, and should have a main theme.

In addition, I'd recommend making sure the tone of the statement is personable, but not so informal as to be interpreted as unprofessional in any way- not informal conversation, but not rigid either. Remember, a main reason for the personal statement is to get an interview. It is a narrative format document that supplements all the other things in your application file/package and should showcase your specific talents and should make clear to the reader(s) why you're interested in the specific specialty and in their program.

A few other suggestions:

1. Make sure your first sentence or two grabs the reader's attention. Giving a short introduction is fine, using a meaningful quotation, brief anecdote or other story with a purpose is also fine.
2. Avoid mentioning negative experiences and do not say anything negative about any other specialty, a medical school, a geographic region of the country, or anything else that might offend a reader. Remember, you have no idea who might be reading your personal statement, but you can be sure it will be read by more than one person and that readers will have different priorities, backgrounds, and thresholds for being "turned off."
3. Get the reader's attention again at the end with a brief statement of your final parting message to them and as to why you'd be a good candidate for the specialty you're interested in and for their specific program or the type of program you're applying to. Reiterate your key points and be clear about why you think you'd be a great residency candidate for them.
4. Expect to do several revisions of your personal statement. Spend time on it since it is a key document in your application packet. Have people you really trust and who will be really honest with you read it for you- it is well worth the

[Dean Stowers Named AOA President-Elect](#)

[Powered by Local Businessman, Lincoln Memorial Expands Rapidly](#)

[Lincoln Memorial University Celebrates First Graduates in Osteopathic Medical Program](#)
[Medical School Graduates Inaugural Class](#)

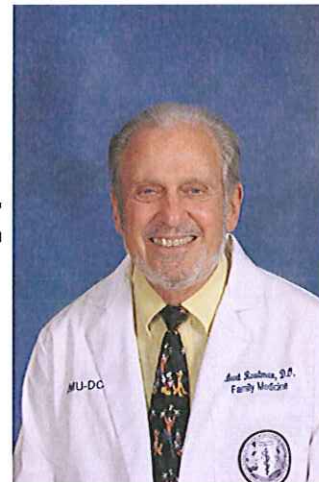
effort and time. Make sure one of your proofreaders is someone who knows nothing or little about medicine-they'll likely catch things pertaining to writing style that others may not who are focusing more on content.

5. If you use quotes of other people, that is fine, but give appropriate credit to them.

Words of Wisdom...Part II

From Dr. Burt Routman, Professor and Chair of Family Medicine

- Apply early
- Do not apply to a program you don't want to attend
- Do not open apply (say that you will go anywhere that accepts you)
- Do well on required rotations and "audition ones" and get to know the program director and DME at the hospital you want to match with
- Get recommendations from clinicians who really know you and your work ethic, ability, knowledge, etc. so the recommendation won't be "standard"
- Check out the residency by speaking with current program participants and not only one; speak to as many as possible
- Ask residents about the program, work hours, educational programs, out rotations, call schedule, etc.



Residency Countdown

By Donna Palazzolo, Extramural Education Coordinator

- While researching and applying to residency programs please pay careful attention to eligibility requirements and deadlines. You may also want to review the 2011 Match results from the [AOA](#) and [NRMP](#) to determine the competitiveness of your specialty of interest, as well as the latest [NRMP's Program Directors Survey](#).
- If you are still unsure of your specialty choice, you may want to explore [AACOM's Career Advising Program](#) and [AAFP's How to Start](#).
- [ERAS](#): etokens have been emailed. If you did not receive one, please email me. Please make your LoR slots in a timely fashion. You will be able to track your LoRs and other supporting documents on [ERAS/ADTS](#). Osteopathic programs can begin downloading applications on 7/15 (allopathic 9/1). You do not need to have all of your supporting documents in to apply to programs. Please email me if you would like to use your professional photo from the end of your first year, or you may

send me another photo to use. When certifying your application in ERAS - In Part 2: *MyERAS Application Release*, please answer "Yes" to *Do you give your Dean's Office permission to view your application once it has been submitted?* The school is collecting this data on the students and answering "Yes" will save you from answering a survey later on. Also, I will have access to your application to assist you in sending it to programs if you find yourself in The Scramble. I will email you when your MSPE is ready for your review. [ERAS Resources](#)

- **The Matches:** The Osteopathic Match is now open for [registration](#). **Please register by November 1st**. The Osteopathic Match [timeline](#) is also available on the [NMS](#) website under Schedule of Dates. The [NRMP \(allopathic\) Match](#) registration begins September 1st and the early registration deadline is November 30th. The [NRMP Schedule of Dates](#) is available online. **Military Match:** [Air Force GME](#), [Army GME](#), [Navy GME](#)

Please visit our [Residency Application Guide and Resources WebPages](#) for more information and complete [timelines](#).

If you have any questions or concerns, or need further assistance with the residency application process, ERAS, or the Matches, please contact me at: [Donna Palazzolo](#) or 423-869-6832.

2011 National Match Statistics

	Osteopathic (NMS/AOA)	Allopathic (NRMP)
Residency Positions	2,553	26,158
Participants	2,467	30,589
Positions Filled/Matched	1,640	22,386
Unfilled Positions After Match	913	3,772
"Scramblers"	572	11,369

2011-12 Residency Application Timeline

July 1st	ERAS opens to applicants. NMS (DO Match) open for registration
July 15th	Osteopathic applicants can select and apply to osteopathic programs
September 1st	ACGME (allopathic) programs begin accepting applications NRMP (allopathic Match) opens for registration
October 15th	MSPEs released to osteopathic programs
November 1st	MSPEs released to ACGME programs Recommended NMS (DO Match) registration deadline
November 30th	NRMP (allopathic Match) registration deadline
More complete times can be found on our Residency Application Guide and Resources WebPages	



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