

Supplemental ERAS Application Worksheet



This worksheet is intended to help you prepare your supplemental ERAS application. You may save your responses and share them with your mentor(s) and reference them when you complete the supplemental ERAS application. **Your responses on this worksheet will not be shared with program directors. Completion of this worksheet is not a substitute for the supplemental ERAS application.**

Note: All sections and questions within the supplemental ERAS application are optional.

Please select the specialty (or specialties) you **intend** to apply to in the 2023 ERAS application cycle:

Participating Specialties

Adult Neurology	Internal Medicine/Psychiatry
Anesthesiology	Neurological Surgery
Dermatology	Obstetrics and Gynecology*
Diagnostic Radiology and Interventional Radiology	Orthopedic Surgery
Emergency Medicine*	Pediatrics
General Surgery	Physical Medicine and Rehabilitation
Internal Medicine (Categorical)	Preventive Medicine
	Psychiatry

Specialties marked with an "*" are not participating in the Past Experiences and Geographic Preferences sections of the supplemental ERAS application.

Supplemental ERAS Application Worksheet (continued)

Past Experiences: Meaningful Experiences

Please identify and describe up to five experiences that you find meaningful, including experiences that communicate who you are, what you are passionate about, what is most important to you.

Experience 1

Position Title

Organization Name

Start Date

End Date

Ongoing?

Frequency of Participation

Setting

Experience Type

Focus Area

Key Characteristic

Meaningful Experience Essay

Reflect on the experience and explain:

- Why the experience was meaningful and how it influenced you.
- Weave in the focus area or characteristic you tagged. *(300-character limit)*

Supplemental ERAS Application Worksheet (continued)

Past Experiences: Meaningful Experiences (continued)

Please identify and describe up to five experiences that you find meaningful and that communicate who you are - what you are passionate about, what is most important to you, and why you are uniquely suited for a position in residency.

Experience 2

Position Title

Organization Name

Start Date

End Date

Ongoing?

Frequency of Participation

Setting

Experience Type

Focus Area

Key Characteristic

Meaningful Experience Essay

Reflect on the experience and explain:

- Why the experience was meaningful and how it influenced you.
- Weave in the focus area or characteristic you tagged. *(300-character limit)*

Supplemental ERAS Application Worksheet (continued)

Past Experiences: Meaningful Experiences (continued)

Please identify and describe up to five experiences that you find meaningful and that communicate who you are - what you are passionate about, what is most important to you, and why you are uniquely suited for a position in residency.

Experience 3

Position Title

Organization Name

Start Date

End Date

Ongoing?

Frequency of Participation

Setting

Experience Type

Focus Area

Key Characteristic

Meaningful Experience Essay

Reflect on the experience and explain:

- Why the experience was meaningful and how it influenced you.
- Weave in the focus area or characteristic you tagged. *(300-character limit)*

Supplemental ERAS Application Worksheet (continued)

Past Experiences: Meaningful Experiences (continued)

Please identify and describe up to five experiences that you find meaningful and that communicate who you are - what you are passionate about, what is most important to you, and why you are uniquely suited for a position in residency.

Experience 4

Position Title

Organization Name

Start Date

End Date

Ongoing?

Frequency of Participation

Setting

Experience Type

Focus Area

Key Characteristic

Meaningful Experience Essay

Reflect on the experience and explain:

- Why the experience was meaningful and how it influenced you.
- Weave in the focus area or characteristic you tagged. *(300-character limit)*

Supplemental ERAS Application Worksheet (continued)

Past Experiences: Meaningful Experiences (continued)

Please identify and describe up to five experiences that you find meaningful and that communicate who you are - what you are passionate about, what is most important to you, and why you are uniquely suited for a position in residency.

Experience 5

Position Title

Organization Name

Start Date

End Date

Ongoing?

Frequency of Participation

Setting

Experience Type

Focus Area

Key Characteristic

Meaningful Experience Essay

Reflect on the experience and explain:

- Why the experience was meaningful and how it influenced you.
- Weave in the focus area or characteristic you tagged. *(300-character limit)*

Past Experiences: Other Impactful Experiences

Program directors are interested in learning more about other impactful experiences applicants may have encountered or overcome on their journey to residency. This question is designed to give applicants the opportunity to provide additional information about their background or life experiences that is not captured elsewhere in the application (e.g., information written in this questions should not be the same as what is included in the personal statement).

Programs do not expect all applicants to complete this question. This question is intended for applicants who have other impactful experiences like those described in the Supplemental ERAS Application Guide.

Other Impactful Experiences Essay

Please describe any challenges or hardships that influenced your journey to residency. This could include experiences related to family background, financial background, community setting, educational experiences, and/or general life experiences: *(750-character limit)*

Supplemental ERAS Application Worksheet (continued)

Geographic Preferences: Division Preferences

The Division Preferences section offers you an opportunity to indicate a preference or lack of preference for U.S. Census divisions.

Response Options and Related Descriptions

- **Pacific:** AK, CA, HI, OR, WA
- **Mountain:** AZ, CO, ID, MT, NM, NV, UT, WY
- **West North Central:** IA, KS, MN, MO, NE, ND, SD
- **East North Central:** IL, IN, MI, OH, WI
- **West South Central:** AR, LA, OK, TX
- **East South Central:** AL, KY, MS, TN
- **South Atlantic:** DC, DE, FL, GA, MD, NC, PR, SC, VA, WV
- **Middle Atlantic:** NJ, NY, PA
- **New England:** CT, ME, MA, NH, RI, VT
- **I do not have a division preference**

.

Indicate your preference (or lack of preference) for up to three (3) U.S. Census divisions:

Pacific	East South Central
Mountain	South Atlantic
West North Central	Middle Atlantic
East North Central	New England
West South Central	I do not have a division preference

Supplemental ERAS Application Worksheet (continued)

Geographic Preferences: Division Preferences (continued)

Please describe your preference for the first division you selected: *(300-character limit)*

Please describe your preference for the second division you selected: *(300-character limit)*

Please describe your preference for the third division you selected: *(300-character limit)*

Please describe your lack of division preference, if applicable: *(300-character limit)*

Geographic Preferences: Setting Preferences

In this section, you may indicate your level of preference for urban or rural settings.

Indicate your preference (or lack of preference) for urban and rural settings:

Strong Preference for RURAL	Slight Preference for RURAL	No Preference	Slight Preference for URBAN	Strong Preference for URBAN
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Please describe your setting preference (or lack of preference): (300-character limit)

Supplemental ERAS Application Worksheet (continued)

Program Signals

Program signals offer applicants the opportunity to express interest in a residency program at the time of application.

Please select the specialty (or specialties) to which you intend to apply: *(the number of maximum signals per specialty is indicated below)*

Adult Neurology (3)

Anesthesiology (5)

Dermatology (3)

Diagnostic Radiology and Interventional Radiology (6)

Emergency Medicine (5)

General Surgery (5)

Internal Medicine (Categorical) (7)

Internal Medicine/Psychiatry (2)

Neurological Surgery (8)

Obstetrics and Gynecology (3 gold, 15 silver)

Orthopedic Surgery (30)

Pediatrics (5)

Physical Medicine and Rehabilitation (4)

Preventive Medicine (3)

Psychiatry (5)

Use the space below to note the ACGME ID and program name for the participating programs you wish to signal within each specialty to which you plan to apply. *Participating programs will be available by July 5, 2022.*