

Succeeding from medical school to practice

Medical school and residency

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Choosing a residency program

Many of the same considerations that go into choosing a specialty are also applicable when deciding where to apply to residency and how to rank programs. There are many things to take into account when looking seriously at a residency program, such as:

- Academic vs. community setting
- Multiple hospital system
- Large or small program
- Ancillary staff/facilities
- Teaching hours
- Autonomy
- Areas of concentration
- Rank status
- Quality of life of residents

Also consider the number and type of other programs located within the same institution. While each specialty tends to have its own personality, different programs within a specialty can vary considerably; therefore, it is important to get a sense of how you will fit into this environment. In addition, keep in mind—especially when considering transitional internships or primary care residencies—the number and type of other programs located within the same institution. Opposed programs, or programs collocated with other residency programs, provide some advantages such as an increased number of available specialists and a wider variety of cases seen. Unopposed, or solo programs, offer the undivided attention of attending faculty and ...

The National Resident Matching Program process

The National Resident Matching Program (NRMP or “the match”) is used by most residency programs to fill their programs with incoming residents. Applicants can register for the match starting in August of their fourth year of medical school. It is important to remember that this is a separate registration than the ERAS registration. Interviews take place typically between September and February with rank-list certification due to the NRMP at the end of February. Matched and unmatched results are released in March on a designated “Match Day”; this day also opens the period when unmatched applicants are allowed to start contacting programs with vacancies. For detailed information ...

Couples match

Each partner of a couple (married or unmarried) enrolls INDIVIDUALLY in the match and indicates in the NRMP R3 System that they want to participate in the match as a couple. The NRMP allows couples to ...

Location, family and housing considerations

Although your primary considerations are the advantages and disadvantages of the residency programs themselves, there are other factors for you to consider as well. Do you enjoy a big city, the quiet life of a rural town or something in-between? Are you single, married, and/or have children? If single, how do you like to spend your limited free time? If you are married or have a significant other, is he/she planning to work and what employment opportunities are available in the geographic locations that are being considered? Also, what is the cost of living in these areas? How are the schools and neighborhoods? Will you find an apartment or buy a house? ...

The following are important resources to help you during the residency program selection process and after you have made your selection.

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State medical licensure

A medical license granted by a U.S. state or jurisdiction is required of any physician who wishes to practice medicine in one or more state(s)/jurisdiction(s). Complex licensing boards and licensing statutes vary widely from one state to the next, depending on each jurisdiction’s resources and regulations (specified in its Medical Practice Act), as well as on legislative, media and public expectations. All medical boards have continued to improve licensure processes, and a growing trend toward uniformity of requirements among licensing boards should enhance both the initial licensure process and licensure portability. However, because automatic reciprocity between state medical boards has largely been discontinued, the licensure process requires that ...

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Financial management for physicians

Consider the following points before the six month grace period on your loan repayment ends.

Step 1: Understand the grace period

- Your grace period begins on the date of school separation or graduation.
- The grace period is six months, which is the time you will not have to make any payments on your loan.
- At the end of six months, the grace period ends and your medical education loans enter repayment status—your first and consecutive monthly payments will then come due.
- For loans disbursed from July 1, 1995 to June 30, 2006, the interest rate will increase by 0.6 percent once your grace period ends.

Step 2: Lock-in your lower grace rate

- You can lock-in the lower grace rate by consolidating your medical education loans while they are in the grace period.
- Note that when you consolidate, your grace benefits will end.
- The trick is to consolidate your loans just before the time your grace period ends so that you can enjoy the grace benefits and lock-in the lower rate.

What is deferment? What is forbearance? How might they affect you ...

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