

*This question was taken from the 2021 OTA Post-Match Survey*

## **What advice would you give next year's applicants?**

- Make a list of places you are potentially interested in, research ahead and add a few more to that list. Then go to the OTA info sessions for as many on that list as you can.
- If virtual – be prepared for IT difficulties and be flexible when things go wrong
- Get advice from previous or current fellows on programs
- Be yourself
- Asking questions and listening during the presentations helps you to figure out what type of program you are really interested in
- Be proactive about reaching out to current and former fellows about their programs
- Use online resources
- Ask about how cases are logged you make sure that you are comparing programs equally
- Don't be afraid to apply broadly
- If virtual – research the programs, attend virtual information sessions when offered
- Trust your mentors
- If Virtual - Wear pants in Zoom interviews
- Write a good personal statement
- Accept maybe 10 interviews
- Come prepared to interviews, know the program
- Try to discern program strength and weaknesses against your own
- Try and find an opportunity to get to know other applicants
- Objectively determine what you want out of a program and ask directed questions
- If Virtual – make sure you have appropriate lighting and backdrop
- Use OTA website and program videos to formulate informed questions to ask at the time of the interview
- Figure out what matters to you and your family
- Be open-minded
- See where past fellows obtained jobs and determine if prior fellow career goals align with your own
- Regularly stay in contact with your faculty and prior residents of your program to know what connections there may be and to help guide you to find what you are looking for
- Match the program to your future practice style
- If you have a few basic questions that are important to you, it helps you rank the program without being distracted by all the extras they try and throw at you
- Have a pre-made list of the top 5 priorities / attributes you are looking for in a program. Then write down a sentence for each as to whether the program does or does not satisfy each, do so immediately after the interview. Taking long generic notes will be too much to go back through when it comes to making the rank list.