

CaRMS TIPS FOR STUDENTS

CHECKLIST

Understand your audience

- Have you read the program descriptions on the CaRMS website thoroughly?
- Do you fully understand what the program is looking for in a successful candidate?
- Are you aware if this is a competitive specialty or program?

Personal Letter and CV

- Did you follow all the program's instructions when preparing your documents? (Word count, etc.)
- Did you include all the requested information?
- Did you proofread?
- Did you ask at least one other person to review your documents for spelling, grammar, and other errors?
- Did you meet with a career consultant to review your documents?

References

- Do you have good references?
- Are most of your references in the area of practice to which you are applying?

Self Awareness

- Can you articulate your skills, abilities, values and interests as they apply to your chosen program?
- Did you complete an elective at this program? If so, how did you measure up to the other residents?
- Can you demonstrate sufficient electives, shadowing experiences and other activities to show interest?
- Can you comfortably articulate your strengths and weaknesses?
- Are you able to cross-reference your abilities with the CanMEDs roles as they apply to your chosen area of practice?

Interview

- Have you considered your first impression? Think about your attire and body language and decide how you will greet the interviewers.
- Have you reviewed the sample questions and prepared your responses?
- Have you practised being interviewed by a friend or classmate?

Contact Us

We welcome feedback. Please let us know if you find this document helpful and if you have tips you would like us to add!
Contact us at studentaffairsmed@umanitoba.ca.

