

## Road to Residency: Phase II

After investing significant time and money to prepare for your a PGY-1, there will be varying levels and mixed emotions of shock, disappointment, and likely dread if you are unsuccessful in Phase I. First: **breathe**. Second: know **you are a strong candidate with the right opportunity waiting** – it is just going to take longer and more effort to get there. There have been many residency applicants (myself included) who have not matched during Phase I, and successfully matched during Phase II.

Below are some tips before meeting for the SNPhA Webinar:

- ▶ **Commit.** *“Fix your course on a star and you’ll navigate any storm.” – Leonardo da Vinci.* First, reflect and decide if you want to continue. If there were considerations that were appealing for certain programs, or locations, revisit those to see if they were true “must-haves,” or if they were roadblocks in your decision. Have honest conversations with family or friends to gain clarity, and their support for your choice.
- ▶ **Connect** and proactively communicate with your professors, preceptors, and colleagues. They can serve as valuable resources either by connecting you to programs or helping prepare for Phase II.
- ▶ Make it **Count**. There are **19 days** between Phase I Match results and Phase II rank order submission. Make every day count and prepare! Focus on assessing your performance in Phase I to see clues on how to improve in this round. Were there areas where you could have improved on? For example, while certain parts of your application are fixed, you can work on making your interview count and identify responses that need to be strengthened.
- ▶ **Know You Are Enough.** The residency application process is complex and time-intensive. Once you are feeling down, it can be easy to go down a bad social media spiral. Hard as it may, don’t let the external factors bring you down. Distance yourself from negative habits or negative self-talk. Surround yourself with your mentors and a supportive peer group.  
*From the late Kobe Bryant - “Everything negative - pressure, challenges - is all an opportunity for me to rise.”*

## Helpful resources

National Matching Services: [natmatch.com](http://natmatch.com)

ASHP Student Residency Guide: [ashp.org](http://ashp.org)



## Bouncing Back: Your Next Steps for Securing a Residency

A Preview For  
SNPhA’s Actions for Career  
Excellence (ACE) Series

Presenter: Kalyann Kouv, PharmD

Timeline	
3/13/2020	Match Results
3/13/2020, 12pm EST	Phase II Participating Programs Released
3/17/2020, 9am EST	PhORCAS Phase II submission opens
3/19/2020, 9pm EST	Bouncing Back – SNPhA Webinar
3/23/2020	Submission of Rank Order Opens
3/31/2020	Phase II Registration Deadline
4/1/2020, 11:59pm EST	Deadline submission rank order list
4/8/2020	Phase II Results
4/8/2020, 12pm EST	Post-Match Process Opens: Programs can update information on available positions up until 5/31
4/9/2020, 12pm EST	PhORCAS submission for Post-Match opens
4/15/2020	Recommended date for programs in Post-Match Process to extend offers