

Why Choose Us?

McLaren Bay Region Internal Medicine Residency FAQ:

What are the core values and strengths of your residency program?

Our Internal Medicine Residency Program is committed to fostering a supportive and inclusive learning environment that emphasizes clinical excellence, compassionate patient care, and robust academic inquiry. We take pride in our diverse patient population, exceptional faculty mentorship, and dedication to resident well-being and professional development.

What is the duration of your residency program?

Our residency program is three years long and provides comprehensive preparation for board certification and future career paths, whether in clinical practice or fellowship training.

What are the program's primary teaching hospitals or facilities?

Residents train at McLaren Bay Region Hospital and the McLaren Bay Academic Center for Internal Medicine Outpatient/Continuity Clinic. Subspecialty exposure is enriched through partnerships with community specialist and clinic, including Great Lakes Bay Health for GYN and other clinics example: Allergy and Endocrinology. These clinical settings provide a dynamic and diverse clinical experience.

What research opportunities are available in this program?

Our program offers a variety of research opportunities, including clinical trials and quality improvement projects. Residents have access to dedicated research time and support through our Corporate Research and Innovation Center, which includes mentorship from experienced faculty, workshops on research methods and writing, access to resources like databases and statistical software, and feedback on proposals and manuscripts. Additionally, residents receive guidance for presenting their work at conferences and assistance with ensuring a comprehensive foundation for their research and scholarly pursuits.

How does your program support resident wellness and work-life balance?

Our internal medicine residency is dedicated to promoting resident wellness through a holistic approach that recognizes the impact of social determinants of health on overall

well-being. Our wellness program includes access to Marvin, an AI-powered confidential mental health tool tailored to the needs of healthcare professionals. Residents can use Marvin to access free and anonymous counseling, guided self-care modules, and stress management strategies. Additionally, interns hold regular meetings with a clinical psychologist through a unique program, Determinants of Healthy Learners lectures are delivered on topics such as resilience and burnout prevention. Our resident-run Wellness committee organizes social activities to foster a sense of community.

Application Requirements:

What are the application requirements?

To apply to our program, you must submit the following through ERAS:

- A current CV
- A personal statement
- Three letters of recommendation
- Medical school transcripts

What is the application deadline?

The deadline for submitting your application is November 15, 2025. Applications will be evaluated on a rolling basis starting in October, and interview offers will be extended between October and January. **How does the program evaluate applicants?**

Our selection committee reviews each application holistically, considering academic performance, clinical experience, letters of recommendation, personal statement, and interview performance. We seek candidates who demonstrate a commitment to internal medicine, strong interpersonal skills, and a passion for patient care.

Do you have any specific criteria or preferences for applicants?

While we value a strong academic record, we also consider diverse experiences, leadership qualities, and additional postgraduate experience or training. Previous clinical experience, research involvement, and a clear sense of purpose in your career goals are also advantageous.

What is the interview process like?

Interviews are conducted using the Multiple Mini Interviews (MMI) format with a mix of faculty, current residents, and program leadership. Each interview can last between 15 to 30 minutes, during which you will have the opportunity to discuss your experiences,

motivations, and alignment with our program's values. Interviews are scheduled through Thalamus.

How are interview invitations extended?

Interview invitations are sent via email between October and January. Candidates will receive detailed information about the interview schedule and format along with their invitation.

What is the program's policy on visa sponsorship?

We do not sponsor J-1 visa.

Please ensure your application includes all required documentation for visa processing, including a valid ECFMG certificate, if applicable.

Residency Life

What is the typical schedule for residents?

Residents work 40-60 hours per week, balancing both inpatient and outpatient responsibilities. During the internal medicine inpatient service (floors), shifts are typically 12 hours long, from 7 a.m. to 7 p.m., with one day off each week. There are no 24-hour calls. On-call shifts vary, but they are structured to ensure residents have adequate rest and valuable learning experiences.

What types of clinical rotations are included in the program?

Our program includes rotations in general internal medicine, cardiology, nephrology, infectious diseases, pulmonary medicine, and various subspecialties. Residents also have opportunities for elective rotations tailored to their individual interests.

Are there opportunities for residents to teach or mentor medical students?

Yes, residents play an active role in teaching medical students through formal lectures, bedside instruction, and mentorship programs. Medical students typically start rotating in August. This teaching experience is an integral part of our program's educational mission.

What is the resident-to-faculty ratio?

Our inpatient service maintains a resident-to-faculty ratio of approximately 2:1. This allows for personalized mentorship and abundant opportunities for one-on-one interactions with attending physicians.

How does the program support career development and fellowship placements?

We offer career counseling through a mentorship program, with mentors chosen or assigned based on each resident's career interests. Additionally, we provide support for interview preparation and fellowship application. Residents also have access to networking opportunities with alumni and faculty to help guide them in their career paths.

ERAS-Specific Questions

How do I submit my application through ERAS?

You can submit your application via the ERAS website or portal. Follow the instructions provided by ERAS to upload your documents and select our program. Be sure to complete all required materials before submitting.

Do you participate in the ERAS Supplemental Application?

Yes, we participate in the ERAS Supplemental Application.

How do I update my application if there are changes after submission?

Once submitted, your application materials cannot be updated through ERAS. If there are significant changes or updates, please notify us directly via email.

Is there an application fee or any other associated costs?

Yes, there is a fee for applying through ERAS, as determined by the AAMC. Our program does not charge any additional fees beyond the ERAS application.

What should I include in my personal statement?

Your personal statement should reflect your passion for internal medicine, outline your career goals, and explain why you're interested in our program. If you have any gaps in your education or training, briefly address them and highlight how they have contributed to your growth. Be sure to emphasize relevant experiences, skills, and qualities that make you a strong candidate.

Post-Application and Selection

When will applicants be notified about their application status? Applicants will be informed about their interview status by early November. We aim to communicate our decisions as promptly as possible.

What happens after the interview? After the interview, our selection committee thoroughly reviews all candidates and makes final decisions. Offers are extended solely through the NRMP Match process; we do not participate in pre-match.

Additional Resources

Where can I find more information about the program? For more details, visit our program's page on the website, follow us on social media, or contact our program at MBR-IM@mclaren.org.