



## **VMFH St Michael Medical Center PGY1 Pharmacy Residency**

### **Match Code: 275313**

Hello and thank you for your interest in applying to our PGY1 Residency program this year. Supplemental application questions, as part of our required application process, are captured as a short video submission (<5 minutes) to answer the following three supplemental questions. This should be completed in a professional manner and be free of any background distraction or noises.

1. What are the three most important things you want to accomplish by completing a residency, and tell us why you are applying for this program specifically?
2. Describe your ideal pharmacy career role and what your daily activities would include in your practice setting of choice.
3. Please describe two or more specific stressful barriers related to pharmacy that you have encountered and what you did to overcome them? What was the source of your stress related to these barriers and what tools did you use in each situation to reduce your stress?

### **Supplemental Application Video Instructions**

1. Create your video answering the questions above (~5 minute maximum time)
2. Create a YouTube account
3. Upload your video to your YouTube account by
  - a. Go to YouTube account  click "upload video"
  - b. Click "select files" and choose video
  - c. Fill in the basic info with
    - i. TITLE: SMMC Supplemental Video First Last Name
  - d. Move onto "Visibility" tab and select "**unlisted**" option
  - e. Finally, "Publish" video
  - f. Verify video uploaded correctly

Once your video is published

1. Click "options" (3 vertical dots)
2. Get shareable link
3. Copy link into a word document titled: SMMC Supplemental Video\_First Last Name
4. Convert word document into PDF
5. Upload PDF into your Phorcas application for this program