

OSA S.T.E.P.S. to Success



Office of Student Affairs
Studentaffairs@som.umaryland.edu

OSA STEPS to Success

S. Self-Assessment
T. Target Specialty
E. Experience
P. Preparation & Planning
S. Strategy Execution

ERAS Resources

[Applicant User Guide](#)
[ERAS Worksheet](#)
[ERAS Checklist](#)
[ERAS FAQs](#)
[OSA Checklist](#)

ResidencyCAS Resources

[Quick Start](#)
[EM Worksheet](#)
[OBGYN Worksheet](#)
[OSA Checklist](#)

SF Match Resources

[SF Match](#)

August: What should I be doing now?

Date	Applicant Timeline/Activity
Sep 3	Applicants may begin to send applications to programs
Sep 24	Application Deadline (ERAS/ResidencyCAS) <i>ERAS programs may begin to review applications</i>
Oct 1	<i>ResidencyCAS programs may begin to review applications</i>
Jan 30	NRMP Registration Deadline
Feb 2	NRMP Ranking Opens
Mar 4	NRMP Rank Order List Certification Deadline

NOTE: SF Match (Ophthalmology Timeline is earlier – [See Timetable](#))

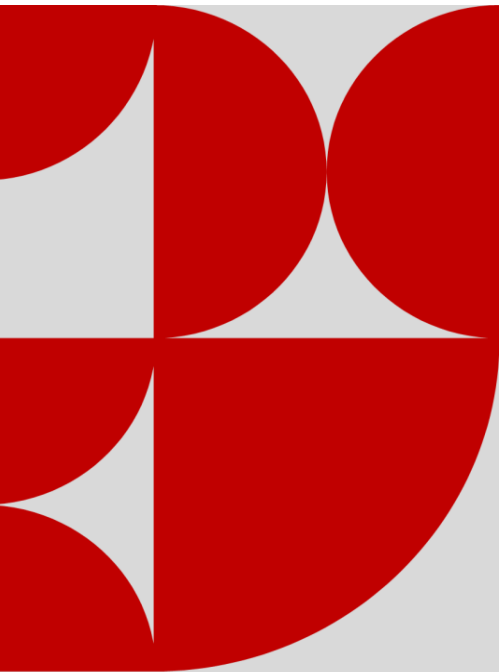
Monthly Timeline/Checklist for [ERAS](#), [ResidencyCAS](#), [SF Match](#), [AUA](#)

- ☐ Fine tune your **application and supporting documents**
- ☐ Continue editing your **Personal Statement** (ensure multiple reviewers)
- ☐ Confirm **Letter** Writers (recommend they submit by September 1)
- ☐ Review your **MSPE** for accuracy, spelling, grammar (End of August)
- ☐ Choose/refine **program list** (Resources – specialty advisors, near-peers, residency explorer, OSA advisor)

Need Help on your Personal Statement? Attend an Upcoming Workshop!
Aug 19 at 4 PM in Reid Rooms ([SIGN UP](#))

Additional Resources:

RAM: [Personal Statement](#)
RAM: [Letters of Reference](#)
AAMC [Residency Explorer](#)
AMA OBGYN [Residency Alignment Index](#)



OSA Insider Podcasts

[Apple Podcasts](#)

E 72: Mission & Brand
E 24, 25: Applying to Residencies
E 92: Organization, Time Management
E95: A Brave Career Path

How Can OSA Help You?

ERAS Tokens

Adam Esselman

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VSLO/Aways

Bailey Jenkins

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Registration

Brian Wynder

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Financial Aid

Sofia Casio/Juanita Simmons

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OSA Advisors/MSPE Questions

[OSA Deans](#)

Kerri Thom, MD

John Allen, MD

Marissa Flaherty, MD

Elisabeth Lamos, MD

[Specialty Advisors](#)

Career Booster: Program Signaling

RAM: [Applying to Programs and Program Signaling](#)

ERAS: [Program Signaling 2026](#)

Program Signaling occurs at the time of application, allowing the applicant to express interest in programs. Signals are used by residency programs, as one of many factors they consider when deciding whether to interview an applicant.

More than 20 specialties use Program Signaling. Applicants are allotted a varying number of Program Signals based on Specialty. Applicants can send program signals for each of the specialties to which they apply. The AAMC encourages applicants to signal home and away programs unless otherwise stated.

Signals can be a very important component in the residency application and the strategy for how to use signals differs based on specialty. Students should discuss signaling strategy with OSA and Specialty mentors.

Action Items for the New Academic Year

As the new academic year starts it is time for some important refreshers for staying safe in the clinical setting, affirming professionalism, and policy updates. Please review each policy/guideline and complete the required attestations (full details sent in prior emails; some key policies highlighted below).

Personal Health and Safety & Risk Mitigation

[Guidelines](#)

[Attestation](#)

Technical Standards

[Policy](#)

[Attestation](#)

Academic Handbook and SOM Policies

[Policies](#)

[Attestation](#)

- Attendance & Participation (Updated) | [Link](#)
- Advancement, Graduation & Dismissal | [Link](#)
- Calculating & Recognizing Student Achievement | [Link](#)
- Professionalism (Updated) | [Link](#)
- MSPE (New, 2025) | [Link](#)

ACP Scheduling – Reminders

Student self-scheduling (Add/Drop period) is ongoing.

Scheduling resources can be found in the [OSA Academic Handbook](#).

- Add [Extramural/Away rotations](#) to your SOM schedule!
- Changes to Ambulatory Rotations require approval from Dr. Millstein
- Drops must be made at least 4 wks prior to Sub-I start (2 wks for electives)

What's Ahead

[Interview Preparation and Tips](#)

Mock Interviews (Department/Specialty Support OR OSA)