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



A Note of Gratitude

This month's newsletter includes important reminders—and offers a moment, during this season of Thanksgiving, to pause for purposeful gratitude.

Here's what I am grateful for right now

- Halloween: I love taking a break from reality and seeing the fun, creative ways we celebrate this season!
- My family: a supportive partner, quirky and talented teenagers, and my favorite four-legged family members, all of whom bring joy to each day. Also, having a high-school senior in the house, I am grateful for college counselors and their support!
- My Medical Education: Having just attended my 25-year reunion, I am grateful for my education and those that took the journey with me – they are my rocks!
- My job: not only for the security it provides—especially in challenging times—but also for the deep fulfillment that comes from working with passionate, talented students like you, as you step into your roles as future caregivers and leaders in medicine.

In the midst of clinical rotations and interviews, I hope you find time to reflect and share gratitude with those who've supported you on your journey. Check out this month's Personal Growth Program on Gratitude for some inspiration!

The MedScope Interview Tracker

Pay it Forward!

As interview offers come in, please use the **MedScope Interview Tracker** (found under the **Career Tab** in your MedScope Portfolio). The data you enter—especially **when** you heard back and **what** you heard—is extremely helpful for the **Office of Student Affairs (OSA)** to provide you with real-time, personalized guidance during interview season. It also supports advising future applicants.

Office of Student Affairs
Studentaffairs@som.umaryland.edu

OSA STEP to Success

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

NRMP

Registration
Match Timeline

ERAS Resources

Applicant User Guide

ResidencyCAS Resources

Quick Start
Interview Portal

Interview Resources

AAMC Interview Resources
SOM Interview Resources

OSA Insider Podcasts

Apple Podcasts

E120: IM PD Dr. Baek
E119: Applying to Residency
E118: Applying to Residency

How Can OSA Help You?

VSLO/Aways
Bailey Jenkins
Bjenkins@som.umaryland.edu

Registration
Philip Conrad
pconrad@som.umaryland.edu

OSA Advisors/MSPE Questions
OSA Deans
Kerri Thom, MD
John Allen, MD
Marissa Flaherty, MD
Elisabeth Lamos, MD

Specialty Advisors

Pro Tip: Post-Interview Communications

You don't need to attend every interview you're offered—accept what you're considering but cancel professionally and with as much notice as possible (ideally 2 weeks). No-shows without notice are never acceptable. Attending pre-interview socials is encouraged but not mandatory; connecting with residents in any setting is valuable. Aim for **11–14 interviews** to maximize your chances of matching and be sure to follow each program's preferences regarding thank-you notes and post-interview communication.

NRMP Policies on communication/participation:
Policies | NRMP
2026 Match Participation Agreement for Applicants | NRMP

NRMP

The NRMP (National Resident Matching Program) runs **The Match** and is **separate** from ERAS/ResidencyCAS, which handle your applications. You must **register for NRMP separately**. Once registered, log back into ERAS/ResidencyCAS and add your **NRMP ID** to your profile—this helps programs match your application to their rank order lists. **Registration is now open** and due by **January 30, 2026**. A **$50 late fee** applies after this date.

**Ophthalmology Match is through SFMatch*
**Urology Match is through AUA*

Graduation Requirements

Now is a great time to review your schedule and ensure you're on track to meet graduation requirements. OSA has launched **Degree Works**—a comprehensive, user-friendly dashboard to track your academic progress and plan remaining coursework. **Note:** The **MedScope Graduation Tracker** is **not accurate or up to date**. Please use **Degree Works** instead.

Resources:
Degree Works Dashboard
Class of 2027 graduation requirements

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)