

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



Office of Student Affairs
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OSA Career Advising

1:1 OSA Meetings

OSA STEPS to Success

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

OSA Residency Manual

- [Application Systems](#)
- [Components](#)
- [Applying to Programs](#)
- [Preliminary and Transitional Year](#)

AAMC Specialty Specific Webinars

[Careers in Medicine Webinars](#)

Jun 3 – Pediatrics
Jun 5 – Plastic Surgery
Jun 10 – Anesthesiology
Jun 12 – Internal Medicine
Jun 17 – Pathology
Jun 24 - Dermatology
Jun 26 – Adult Neurology
Jul 1 – Psychiatry
Jul 8 – Family Medicine
Jul 10 – General Surgery

June: The Residency Application

OSA Workshop – The Residency Application (Dr. Flaherty)

June 3, 2025 @ 4:00 PM [Zoom Link](#)

The Residency Application includes personal, educational, and biographical information. Supporting documents include a personal statement, letters of reference, USMLE transcripts, the MSPE, medical school transcripts, and a photo. Applicants can begin working on their application in June and will apply to programs in September. Residency programs can review applications on the fourth Wednesday of September. Applicants should complete all application materials, apply to intended programs, and certify and submit their application prior to this date. OSA will upload the MSPE and medical school transcript in September. Learn more about the Residency Application at the above workshop, the [Residency Application Manual](#), and via the links below.

ERAS Application

Most Specialties except EM, EM/IM, EM/Peds, Ophthalmology, and OBGYN

Opens June 4, 2025 at 9 am

Tools/Resources

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

ResidencyCAS Application

EM, EM/IM, EM/Peds, and OBGYN

Opens June 4, 2025

*OSA will send access link

Tools/Resources

- [Applicant Quick Start](#)
- [EM Worksheet](#)
- [OBGYN Worksheet](#)

SF Match – Ophthalmology – Opens July 1 – [Timeline just published!](#)

Career Booster: Letters of Reference

Letters of Reference are an important component of the application. Most programs require 3-4 letters with specific requirements varying by specialty and program (confirm individual program requirements early in the application process).

- Select faculty who know you well and can write a strong letter
- Prioritize letters from faculty in your chosen specialty, particularly those who can speak to your clinical skills
- Provide supporting materials (CV, Personal Statement, specialty choice) and remind letter writers of specific interactions you shared with them (case or presentation)
- If you have not worked with the letter writer in a while, offer to shadow
- If you are planning to obtain a letter from a September rotation, discuss your intent with the faculty member at the beginning of the rotation
- Set a clear deadline (e.g., 9/1/2025) to ensure letters arrive on time
- Express gratitude, and update your writers on your progress/match

OSA Insider Podcasts

[Apple Podcasts](#)

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

How Can OSA Help You?

ERAS Tokens

Adam Esselman

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VSLO/Aways

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Registration

Brian Wynder

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OSA Advisors/MSPE Questions

OSA Deans

Kerri Thom, MD

John Allen, MD

Marissa Flaherty, MD

Elisabeth Lamos, MD

Specialty Advisors

Your Next Steps: Action Items

- Prepare and submit Noteworthy Characteristics (Due June 16)
- Start a draft of your Personal Statement (PS Guidelines)
- Schedule professional headshot (Please use this link)
- Start requesting LoRs
- Schedule your OSA 1:1 if you have not already done so!

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

Personal Statement Workshops – July 15, Aug 19 in Reid Rooms
(*Sign ups coming soon!*)

[AAMC Residency Explorer](#) – Coming Soon!

[OBGYN Specialty Alignment Index](#) – Opening June 2025!