

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



Class of 2025 Match Day

March: The Match

Congratulations to the Class of 2025 on another successful residency Match! We are extremely proud of our seniors for their hard work resulting in a 98% match rate ([NRMP Data Highlights](#)). We are excited for their future and look forward to watching their careers grow. Your Match Day is a year away and as many of you now have finalized your specialty choices, we are gearing up for more specialty-specific advising.

OSA Workshop – Residency Application Overview [Mandatory]

April 3, 2025 @ 4:30 PM

[Zoom Link](#)

Meeting ID: 927 9151 3779 Passcode: 240460

Career Booster: Tip of the Month

Developing Your Personal Narrative.

Workshop: Mission and Brand, Dr. Lumpkins, 4/29 3:30 PM [Link](#)

Residency programs are increasingly adopting a holistic approach to identify applicants who align well with their values and culture. Your application offers several opportunities to share your personal story, including the personal statement, MSPE noteworthy characteristics, and experience descriptions. Start by reflecting on your "why" – your professional mission and vision, and why you've chosen your specialty. Think about what makes you unique: your passions, motivations, and the experiences that shape you. Let programs get to know the real you!

Office of Student Affairs
Studentaffairs@som.umaryland.edu

Specialty-Specific Advising

[Specialty Advisors](#)

Specialty Meetings Apr|May [Links](#)

4.28 4 P

Anesthesiology

Dermatology 4.29 4:30

Emergency Med 5.1 4 P

Family Med 4.28 4 P

Internal Med TBD

Neurology Independent*

Neurosurgery 4.24 3 P

OBGYN 5.6 3 P

Ophthalmology 4.22 3 P

Otolaryngology 5.1 4 P

Orthopedics 4.28 3 P

Pathology Independent*

Pediatrics 4.29 3:30

Psychiatry 5.1 4 P

Radiology 4.24 4 P

Surgery^ 4.30 3:30

Urology 4.22 4 P

*Independent – we will reach out

^Includes Plastics, Thoracic,

Vascular

OSA STEPS to Success

S. Self-Assessment

T. Target Specialty

E. Experience

P. Preparation & Planning

S. Strategy Execution

Your Next Steps: Action Items

- Redeem your ERAS token to access your MyERAS Workstation
 - Tokens will be issued by OSA Monday April 7
 - Look for an OSA email outlining ERAS/Application Components
 - Consider your narrative – develop mission/brand/themes
 - Develop/Update your C.V. ([CV Tips](#))
 - If you are considering an enrichment year off – let us know ASAP
 - Refine or Confirm your Career/Specialty Choice
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Resources at Your Fingertips

The OSA Residency Application Manual

<https://www.medschool.umaryland.edu/osa/advising/residency-application-manual/>

- [Choosing a Specialty](#)
 - [The Residency Application Overview and Timeline](#)
 - [OSA Advising Workshop Series – 2026](#)
 - [Components of the Residency Application](#) (CV, Personal Statement, MSPE, Transcripts, Photo, and more)
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ACP Scheduling – Reminders

Student self-scheduling (Add/Drop period) opened Mar 31, 2025. 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)
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What's Ahead: Our Next Focus

OSA specialty-specific meetings – Dates/Times [here](#)

The Preliminary and TY Application – May 5, 2025

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

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VSLO/Aways

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Registration

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OSA Advisors/MSPE Questions

[OSA Deans](#)

Kerri Thom, MD

John Allen, MD

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Elisabeth Lamos, MD