

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

AAMC Specialty Specific Webinars

[Careers in Medicine Webinars](#)

- Jul 1 – Psychiatry
- Jul 8 – Family Medicine
- Jul 10 – General Surgery

ERAS Resources

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

ResidencyCAS Resources

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

July: The Personal Statement

Crafting a compelling personal statement is a pivotal component of your residency application. Here's are some tips to help you develop a statement that effectively showcases your motivations, experiences, and aspirations. More information can be found in the [Residency Application Manual](#).

Getting Started: - Revisit your Mission/Brand and consider a comprehensive theme

- Why did you choose this specialty?
- What personal traits/experiences make you well-suited for it?
- What are your professional goals?

Pitfalls to Avoid:

- Not personal – make sure your statement reflects your mission/brand!
- Too long – adhere to the on-page limit
- Negative tones – focus on positive aspects

Final Tips:

- Have mentors, advisor, peers review for clarity and impact
- Proofread for flow, grammar, and spelling
- Make sure the final product represents your genuine voice and experiences

Need Help? Attend an Upcoming Workshop!

July 15, Aug 19 in Reid Rooms ([SIGN UP](#))

Additional Resources:

[Personal Statement Guidelines – Recording](#)
[Personal Statement Tips – RAM](#)
[Personal Statement Worksheet](#)

Career Booster: Identifying Programs, Part 2

NOW OPEN!

The AAMC [Residency Explorer](#) allows applicants to explore and identify residency programs where they are a competitive candidate and that align with their personal goals and career interests.

The AMA OBGYN [Residency Alignment Index](#) allows applicants to compare their experiences and characteristics to those that residency program directors consider when assessing program values and interests.

These tools are very useful in identifying residency programs that could be a good fit for you!

ERAS Tip: Impactful Experiences

This section in ERAS allows applicants to share experiences or background that may not be captured elsewhere in the application – such as family, financial, or community background, educational experiences, or general life circumstances. Describe how these experiences have shaped your education journey or path to residency application. Be reflective – describe your experience but also reflect on how it changed you or how you grew from the experience. This section is not expected and should only be completed if applicable. If you have something to include, we strongly suggest you review your writing with an advisor prior to submission.

Your Next Steps: Action Items

- Work on Residency Application
- Continue working on your Personal Statement ([PS Guidelines](#))
- Continue soliciting LoRs
- Schedule professional headshot ([Please use this 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](#)

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

Aesselman@som.umaryland.edu

VSLO/Aways

Bailey Jenkins

BJenkins@som.umaryland.edu

Registration

Brian Wynder

Bwynder@som.umaryland.edu

OSA Advisors/MSPE Questions

[OSA Deans](#)

Kerri Thom, MD

John Allen, MD

Marissa Flaherty, MD

Elisabeth Lamos, MD

[Specialty Advisors](#)