

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



Office of Student Affairs
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OSA STEPS to Success

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

NRMP

[Registration](#)
[Match Timeline](#)

ERAS Resources

[Thalamus Reference Guide](#)
[Applicant User Guide](#)
[Thalamus mobile app](#)

ResidencyCAS Resources

[Quick Start](#)
[Interview Portal](#)

Interview Resources

[AAMC Interview Resources](#)
[SOM Interview Resources](#)

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

- The fall season: mild weather before winter sets in, the colors of the trees on my drive home, cozy sweaters, long walks, and time with loved ones on the horizon.
- My family: a supportive partner, quirky and talented teenagers, and my favorite four-legged snugglers who bring joy to each day.
- Friends and colleagues who keep me grounded and make me laugh often.
- 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.

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 **12–14 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 2026 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)

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

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Registration

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OSA Advisors/MSPE Questions

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