

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](#)

Preparing for the Interview

The interview is a key part of the residency application process. It's your chance to learn more about a program – and for the program to get to know you.

Interview Offers. Monitor your email, ERAS/ResidencyCAS, and any third-party platforms (e.g., Thalamus) closely and respond to interview offers promptly. Timing varies by specialty: some send offers on a rolling basis, while others follow a designated Interview Release Date. Refer to the [RAM](#) for details by specialty.

Preparing for the Interview. Preparation is essential. Use the resources linked below to guide your prep. We strongly encourage every student to complete at least one mock interview—through your specialty department (e.g., Anesthesiology, EM, IM, Neurosurgery, Ophthalmology, Pathology, Surgery, Urology), the OSA Mock Interview Program, or a trusted advisor.

Interview Resources:

- [AAMC Interview Resources](#)
- [SOM Interview Resources](#) (and Interview Release Dates)
- **SOM Mock Interview Program – [Sign Up Form](#) (Closes Oct 15 at 5 pm)**
- [NRMP Program Director Survey – Selecting Applicants to Rank](#)

The MedScope Interview Tracker

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: Communicating with Programs

In most cases, sending emails to express interest after applying is not necessary or recommended—especially in specialties that use signaling. You *may* email programs with important updates or questions not easily answered on their websites. Keep all communication brief, relevant, and directed to the listed program contact – and be sure to follow each program’s preferences for communication.

Couples Matching? Communication strategies may differ—consult your OSA Advisor.

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

Brian Wynder

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OSA Advisors/MSPE Questions

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