

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



Office of Student Affairs
Studentaffairs@som.umaryland.edu

OSA Career Advising

1:1 OSA Meetings

Dean's will email you a link to sign up based on specialty choice below

[Dr. Allen](#)

Internal Medicine, IM/Peds, PM&R

[Dr. Flaherty](#)

Neurosurgery, Ophthalmology, Psychiatry, Radiology, Urology
Sign Up Link

[Dr. Lamos](#)

Family Medicine, Neurology, Pathology, Pediatrics, Peds/EM, Radiation Oncology, Surgery including General, Plastics, Thoracic, Vascular

[Dr. Thom](#)

Anesthesiology, Dermatology, Emergency Medicine, EM/IM, OB&GYN, Orthopedic Surgery, Otolaryngology

OSA STEPS to Success

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

March: Making the Most of Advising

The process of applying to residency training programs, while exciting, can feel overwhelming at times. It is important to know and understand the resources and support available to you, and to use it wisely. We encourage students to utilize resources provided in the [SOM Residency Application Manual](#), as well advice from [OSA, Specialty-Specific Advisors, and near-peers](#).

Sign Up for your OSA Advising Meeting through the links provided from OSA Dean

In your meeting, we will help refine specialty choice, discuss ACP Scheduling and graduation requirements, review application components, review the MSPE, and discuss number and which programs to apply. These meetings are most effective when Step 2 scores are available, so if you have an early Step 2 date, consider scheduling a later meeting. Be ready for your meeting by coming with a list of questions and ready to discuss any geographic or program preferences - [OSA Meeting Checklist](#).

Do You Need a Preliminary Program?

If you are applying to Anesthesiology, Child Neurology, Dermatology, Neurology, PM&R, Radiation Oncology, and Radiology, you will likely need to apply separately for a preliminary program. Other students may consider applying to a preliminary IM or Surgery program as part of a robust contingency plan.

[More information on Preliminary Programs](#)

OSA Workshop – The Preliminary and TY Application (Drs. Dittmar/Thom)

May 5, 2025 @ 4:00 PM

Zoom [LINK](#)

Career Booster: Programs of Interest

Creating a list of programs to apply to is one of the most important things you will do in the residency application process. We encourage you to consult multiple resources when creating your list to make informed decisions regarding program fit, program and location preferences, and your comparative strength as an applicant. Your OSA Advisor will make recommendations regarding number of programs to apply to and may also be able to recommend specific programs based on your geographic interests and competitiveness as an applicant. Other important resources include:

[Residency Application Manual – Applying to Programs](#)

[Specialty Specific Advisors](#)

[UMSOM – Where our Students Match](#)

[AMA FRIEDA](#)

[AMMC Residency Explorer Tool](#) (Will be Updated in Summer 2025)

SOM Alumni Network – Access on your Career Tab on MedScope

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.umd.edu

VSLO/Aways

Bailey Jenkins

Bjenkins@som.umd.edu

Registration

Brian Wynder

Bwynder@som.umd.edu

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

- Develop/Update your C.V. ([CV Tips](#))
- Start a draft of your Personal Statement ([PS Guidelines](#))
- Consider [Noteworthy Characteristics \(Due June 16\)](#)
- Schedule Professional Headshot ([Please use this link](#))
- Attend/Watch OSA Specialty Meetings [Links/PPTs](#)

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: The Residency Application

Students may begin accessing MyERAS and ResidencyCAS in June.

OSA Workshop – The Residency Application (Dr. Flaherty)

June 3, 2025 @ 4:00 PM

[Zoom Link](#)