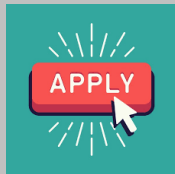# OSA S.T.E.P.S. to Success

September: Application Time

A message from OSA to our incredible students: We see the dedication, resilience, and hard work that have led you to this important milestone. As you navigate this exciting and often stressful time, know that we are here to support you and are cheering you on every step of the way! YOU GOT THIS!!!

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

ERAS Resources

Applicant User Guide
ERAS Worksheet
ERAS Checklist
ERAS FAQs
OSA Checklist

ResidencyCAS Resources

Quick Start
EM Worksheet
OBGYN Worksheet
OSA Checklist

SF Match Resources

SF Match

WE ARE HERE TO SUPPORT YOU!
If you need assistance at any time in this process, please reach out.

This is the FINAL STRECH – Hang in there, You got this!

Date	Applicant Timeline/Activity
Sep 4	Applicants may begin to send applications to programs
Sep 25	Application Deadline (ERAS/ResidencyCAS) *ERAS programs may begin to review applications*
Oct 1	*ResidencyCAS programs may begin to review applications*
Jan 30	NRMP Registration Deadline
Feb 2	NRMP Ranking Opens
Mar 4	NRMP Rank Order List Certification Deadline

NOTE: SF Match (Ophthalmology Timeline is earlier – See Timetable)

Monthly Timeline/Checklist for ERAS, ResidencyCAS, SF Match, AUA
☐ **Submit** your Residency Application!
NOTE: We recommend students submit <u>on or before September 22nd</u>. Do NOT wait until the last minute as the system often crashes during times of high activity.

IMPORTANT REMINDERS for MyERAS:

- Once you Certify your MyERAS application it is locked, and you will not be able to make changes to the application (except for personal information section).
- The MyERAS application is distinct from the supporting documents. Do NOT wait for supporting documents (e.g., MSPE/LORs) to be uploaded before certifying.
- Make certain you have uploaded of all supporting documents!
- You must assign program signals before applying to programs.

MyERAS Checklist for Final To Dos

1. Confirm your documents are uploaded
-Did you upload your photo?
-Did you release your USMLE transcripts?
-SOM MD Transcripts the MSPE will be uploaded before 9/24

2. When you are ready Certify and Submit your Application – we recommend Certifying/Submitting no later than 9/22/2026.

-Do NOT wait until the last minute
-Do NOT wait for MSPE and LoRs to certify and submit your application
-You will need to Certify and Submit your application before applying to programs
-Make sure you are ready to Certify/Submit the application before you do – once Certified/Submitted, you cannot make changes to the application (although you can still make changes to the information on the Personal Information Section)

3. Assign Program Signals and then Apply to Programs
-You have to Certify/Submit the application before you can apply to programs
**You must assign Program Signals in the Programs Menu on the Saved Programs page BEFORE submitting the application to programs. Once you have applied you can no longer send a signal.

- Programs are received at the program level and cannot be assigned to specific tracks within an institution (including preliminary and categorial) for a given specialty; you can submit separate programs for different specialties
- We strongly recommend that you use the maximum allotted signals per specialty (Note, if you are applying to advanced and preliminary programs you can signal both the advanced specialty AND prelim)
- Program Signals Overview for ERAS Applicants | ERAS aamc.org

4. Assign your documents to your programs
-Assign appropriate documents in the documents section
 --This includes your **photo, USMLE transcript, LoRs and Personal Statements**
 --If you have written program-specific Personal Statements, be sure you have attached the correct statement to the right program
-Review each program and ensure that they have received all of your documents

Residency CAS – Final Steps

When you are ready to submit, click Submit Program(s) and proceed to payment. After submitting, you will receive email confirmation. Programs will receive your submitted application on the standard release date.

Monitor the status of your application in 'CAS Status' or 'My Programs'.

- "In Progress" - application has not been submitted or payment is incomplete
- "Received" - application is submitted, but is incomplete
- "Complete" - application is submitted and all materials were received.

An application is complete when payment and all documents have been received including MSPE, official school transcripts, evaluations (or LoRs).

OSA Insider Podcasts

Apple Podcasts

E 72: Mission & Brand
E 24, 25: Applying to Residencies
E 92: Organization, Time Management

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

Financial Aid
Sofia Casio/Juanita Simmons
SOMFINAID@som.umaryland.edu

OSA Advisors/MSPE Questions
OSA Deans
Kerri Thom, MD
John Allen, MD
Marissa Flaherty, MD
Elisabeth Lamos, MD

Specialty Advisors

FAQs

Transcripts and MSPEs

- OSA will upload these to your application program by 9/24.
- Do NOT wait for these to be uploaded to certify and submit
- These are automatically sent to all programs on 9/24

A few notes regarding **Letters of Reference/LoRs**

- Do NOT wait for outstanding LORs before certifying
- Do reach out to your Specialty Department and/or OSA Advisor if you still have outstanding faculty-LORs so we can assist
- Note, large departments (i.e. Medicine) who are writing many chair letters ARE working on your letters and these WILL be uploaded by 9/24
- If you are ready to certify but are waiting on letters, here are a few logistics to consider:
  - Applicants may designate up to 4 LoRs to each program
  - LoR assignments can be made throughout the application, i.e. if your letter comes in after you Certify you may add it when it is available. Note, to do this, you will need to go back into MyERAS and assign this new letter to your programs.
  - Once the maximum number of four LoRs have been assigned to a given program, no additional LoRs may be assigned (e.g. Letters cannot be replaced throughout the season)

It is important to understand the specific requirements of your programs (this requires you to review their websites) – make sure you know if they have specific requirements or specific expectations for number/content of letters of reference.

Interviews – Thalmus and More

The Interviews

OSA Interview resources and tips can be found in the **RAM:** The Interview
We strongly encourage all students to participate in at least one mock interview. Many specialty/departments offer mock interviews; if this is not available to you, OSA will be offering a Mock Interview program – details coming soon.

Thalamus

ERAS has partnered with Thalamus, an interview management program. This service is FREE to all ERAS applicants. You should have already received a Thalamus account creation link when registering your ERAS token from no-reply@thalamusgme.com – use this link to finalize your account.

ERAS: Thalamus

Pay it Forward

As you complete your ERAS application, please consider providing your consent to share interview and program signal information with us. This allows us to help you better throughout the season and also allows us to help advise future students. It seems like a simple click of a button, with a sample provided below.

NRMP

What is the NRMP and what do I do now?

The NRMP is the National Resident Match Program, the organization that runs The Match. This is separate from ERAS/ResidencyCAS (which manage your applications) and requires a separate registration.

NRMP/Match timelines can be found here

Registration opens September 15th and is due by January 30th, 2026 after which time an additional $50 late fee is applied

*Ophthalmology Match is through SFMatch
*Urology Match is through AUA

What's Ahead

I have submitted my application, what do I do now?

- Prepare for Interviews – see above!
- Share interview data with OSA via MedScope interview tracker (more details to come). This information helps us to help you in providing real-time feedback and advice throughout the application process.
- This is a good time to review Graduation Requirements – and confirm you are on track. You can use this worksheet to keep track and share with your OSA Dean.