



UNIVERSITY *of* MARYLAND
SCHOOL OF MEDICINE

Match Week and SOAP Prep Workshop

Office of Student Affairs

2026

Match 2025 Data

UMSOM does really well!

National Average (US allopathic) is 93.5%

Position fill rate by the Main Match
94.3%

Couples PGY-1 match rate was 89.1% (both) and 93.2 % (both/one).

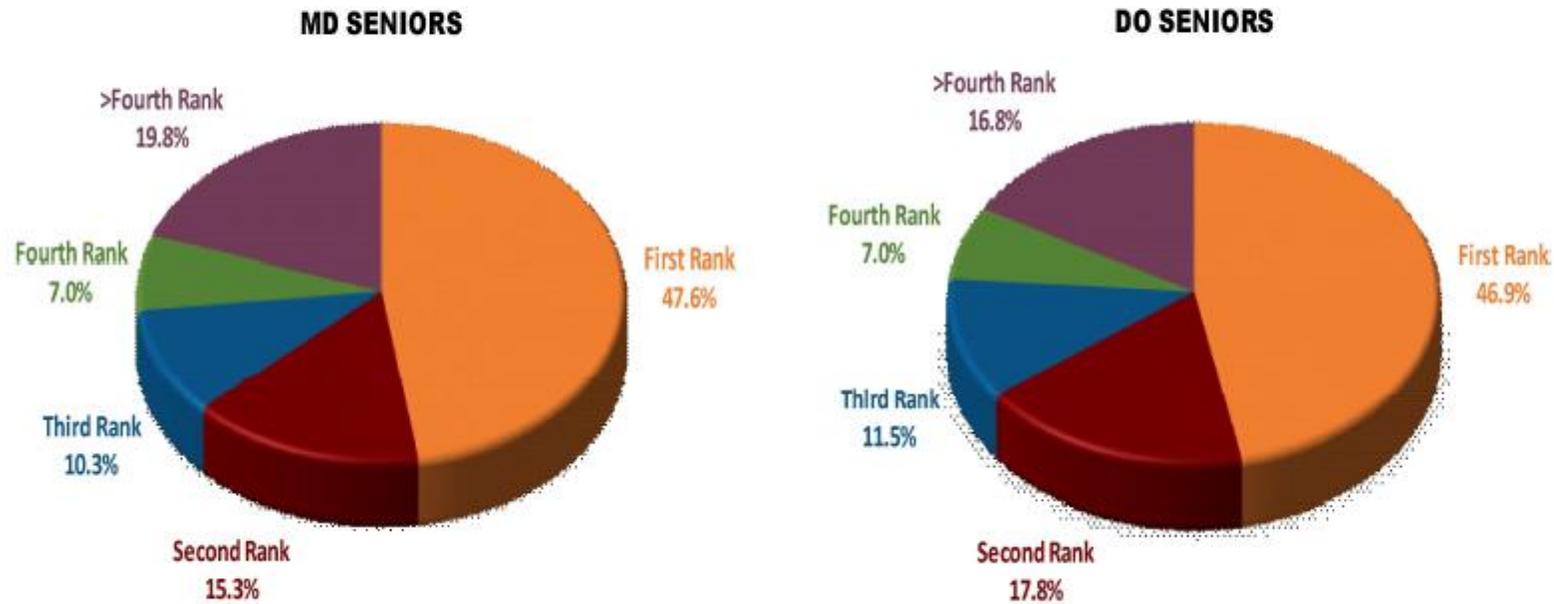
UMSOM
(2025 cycle)
▪ Pre-SOAP 94%
• Post-SOAP 98%

The post-SOAP fill rate was 99.4%

73.2% Matched within their 3rd Rank

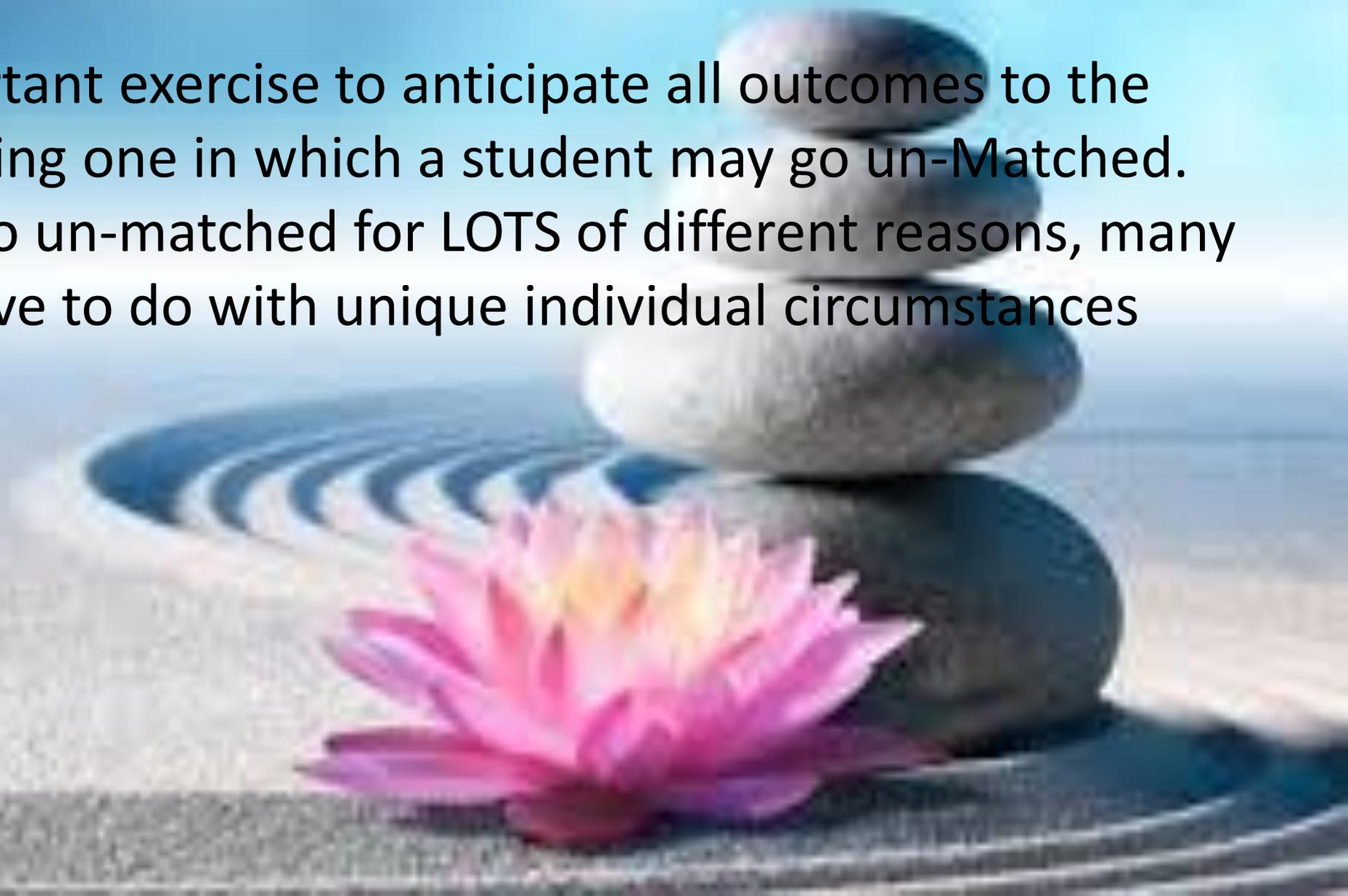
Figure 7 Percent of Matches by Choice and Type of Applicant, 2025

Matched Applicants



All Applicants

It's an important exercise to anticipate all outcomes to the Match, including one in which a student may go un-Matched. Students may go un-matched for LOTS of different reasons, many of which have to do with unique individual circumstances



What is SOAP?

Supplemental Offer and Acceptance Program[®] (SOAP[®])

Process to fill positions left unfilled after the matching algorithm has been processed

Partially matched and fully unmatched applicants who meet eligibility requirements may participate in SOAP to try to obtain an unfilled residency position

Partially Matched: An applicant who matches to a PGY-1, preliminary or transitional year position only or to an advanced, PGY-2 position only would be considered partially matched.

Fully unmatched: This message will be displayed for any applicant who did not match to any program

Communications

**Monday
March 16th**

At 10 am you will be notified by email whether you are matched, partially matched or unmatched (you can also log onto the R3 system for this information).

Communications from NRMP

1. Congratulations, you have matched! This message will be displayed for applicants who:

- matched to a categorical, primary, or reserved (physician only) program.
- matched to a PGY-1 preliminary and PGY-2 advanced program.

2. Congratulations, you have matched to an advanced position but not a preliminary-year position. This message will be displayed for any applicant who matched to a PGY-2 advanced position.

- The message will also include the city, state, and zip code of the matched program

3. Congratulations, you have matched to a one-year position. This message will be displayed for any applicant who matched to a PGY-1 preliminary position.

- The message will also include the city, state, and zip code of the matched program.

4. We are sorry, you did not match to any position. This message will be displayed for any applicant who did not match to any program.

I Matched

- Take a deep breath
- Enjoy the moment 😊

I did not match



Take a deep breath



Touch base with your support person



Contact OSA – WE ARE HERE to HELP!

Couples Matching with an Unmatched Partner

Call the NRMP support staff at 202-400-2233 or toll-free at 1-866-653-NRMP (6767) when SOAP begins on Monday of Match Week to find out the geographic location of your partner's Match.

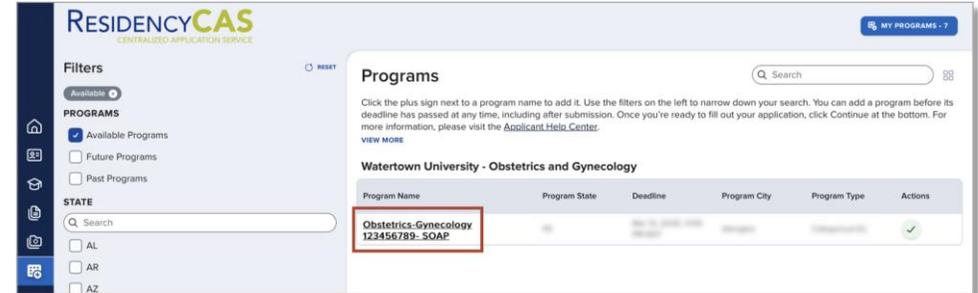
SHOW VIDEO

<https://www.nrmp.org/residency-applicants/soap/>

Applying to SOAP for SOAP positions for Ob/Gyn and EM Through ResidencyCAS

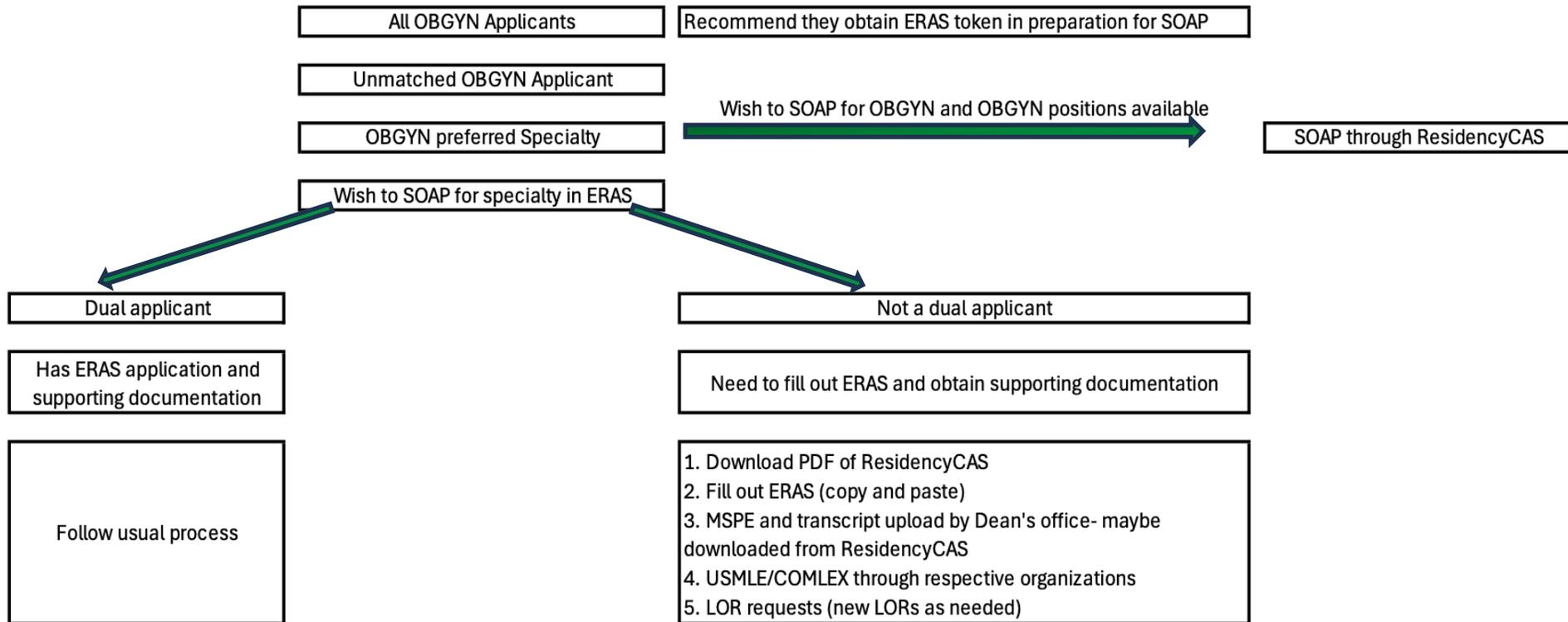


RIGHT RESIDENT
RIGHT PROGRAM
READY DAY ONE



- Applying to programs similar to the regular cycle
- Only SOAP eligible programs appear
- May apply up to 45 programs
- MSPE and transcript may be updated
- No additional cost to applicants already in ResidencyCAS

SOAP for OBGYN Applicants



Think that you would consider a SOAP for Ob/Gyn or Emergency Medicine?

- Email NOW:
 - adamesselman@som.umaryland.edu
 - Your OSA Advisor Dean

Match Week and SOAP Schedule

| Monday March 16 | Tuesday March 17 | Wednesday March 18 | Thursday March 19 | Friday March 20 |
|--|--|-----------------------|--|--------------------|
| 10 AM Learn if you Match | Programs can begin contacting applicants | | 9 AM SOAP Round 1 | Match day |
| 11 AM ERAS/ResCAS OPEN | | | 12 PM SOAP Round 2 | |
| Review and apply to programs in ERAS/R3 system <small>Applicants and their representatives CANNOT communicate with a program until contacted by that program.</small> | | | 3 PM SOAP Round 3 6 PM SOAP Round 4 | |
| | | | 9 PM SOAP ends Unfilled Programs open | |

<https://www.nrmp.org/match-calendars/main-residency-applicants/> → 2026 Match Week and SOAP Schedule
[SOAP Week Webinar 2025 ACOG](#)

Who is your SOAP Team?

You

Your support contact

Your departmental contact and/or mentor

Office of Student Affairs

What do you need for a successful SOAP?

Update MedScope with the correct contact information

Internet access

ERAS/ResidencyCAS and NRMP websites (username and passwords)

Cell phone with reliable cell phone coverage

Printer

As needed for list of unfilled programs, for example

SOAP CHECKLIST: <https://students-residents.aamc.org/media/11421/download>

Residency CAS FAQ/Help Center: https://help.liasonedu.com/ResidencyCAS_Applicant_Help_Center/SOAP

Questions to consider for SOAP

45 applications total (all in or divided up) for ERAS

- We tend to recommend all or most applications with the first round

Distribution of programs

- Categorical versus pre-liminary spots
- Planned specialty versus alternate specialty
- Should you consider reaching out to a different department for support

Do you need to update or prepare a new personal statement or letter based on the above?

SOAP GUIDE: <https://www.nrmp.org/help/item/2025-soap-guide-for-applicants/>

ResidencyCAS Help Center: https://help.liasonedu.com/ResidencyCAS_Applicant_Help_Center/SOAP

(2025 Match SOAP cycle)

Most common (2,374 positions)

(PGY1 positions)

- General Surgery (99% prelim)
- Internal Medicine (71% prelim)
- Prelim Transitional Year
- Family Medicine
- Internal Medicine
- Pediatrics
- Emergency Medicine

Most common (39 positions)

PGY2 Advanced positions

- Radiology/Diagnostic (15)
- Public Health and Prev Med (6)
- Radiation Oncology (5)

FAQs

How will I know which programs are unfilled?

- If you are SOAP-eligible, you will be able to view the List of Unfilled Programs via a link on your Match Home page in the R3 system beginning on Monday of Match Week.
- You will be able to view only those unfilled programs for which you are eligible.

FAQs 1 of 2

How will I know if a position is being offered to me during SOAP?

- Programs extend SOAP offers through the NRMP's R3 system during a series of rounds. If you are extended an offer, you will receive an email notification advising you to log in to the R3 system to view the offer.
- If you already are logged in to the system, you may see a banner message indicating that offers are being generated for the current round.
- Once all offers have been generated, the message in the R3 system will change to display the deadline by which offers extended during the current round must be accepted or rejected.

SOAP GUIDE: <https://www.nrmp.org/help/item/2025-soap-guide-for-applicants/>
SOAP Banner Messages: What Applicants See in the R3 System: <https://www.nrmp.org/wp-content/uploads/2022/03/SOAP-Banner-Messages.pdf>

FAQs 2 of 2

How long do I have to accept an offer during SOAP?

- Each SOAP round lasts two hours, during which you can consider whether to accept or reject any offers you might receive.
- Once the round closes, you will not be offered the same position again.
- If you receive multiple offers during a round, acceptance of one automatically means any others are rejected if they are for the same position type. As an example, acceptance of an advanced (PGY-2 position) makes you ineligible for all positions that are not PGY-1 only.

Unmatched applicants CANNOT contact programs or apply BEFORE the designated time on Monday of match week

Unmatched applicants can ONLY contact programs through ERAS

Only programs initiate contact with applicants (not our faculty or you)

SOAP for Eligible Applicants

Monday through Thursday of Match Week

Partially matched and fully unmatched applicants who meet eligibility requirements may participate in SOAP to try to obtain an unfilled residency position. It is important that applicants be ready for SOAP in the event they learn on Monday of Match Week that they are unmatched.

SOAP-eligible unmatched and partially matched applicants can access the *List of Unfilled Programs* in the NRMP's R3 system under the SOAP tab, which will appear at the start of SOAP. NRMP is the authoritative source for applicant SOAP eligibility. The List of Unfilled Programs will show only programs for which the applicant is eligible based on their matched status.

Each application service will display all the unfilled programs using that service for SOAP. Applicants are responsible for ensuring they apply **only** to positions for which they are eligible, as shown on the SOAP *List of Unfilled Programs* in the NRMP's R3 system.

2026 SOAP GUIDE FOR APPLICANTS

[SOAP: Viewing Unfilled Programs support guide](#)

[SOAP: View & Respond to Offers support guide](#)

[Navigating Match Week and the Supplemental Offer and Acceptance Program \(SOAP\) webinar for applicants](#)

What if I don't SOAP or have an unsuccessful SOAP?

After Round 4, SOAP is completed, and a final list of all unfilled programs are listed. You can directly contact programs at that point.

Master's year (ie. MCR, MPH)

Research year

Work with networking (Scribes, vaccine clinic, state health department, etc)

Nonclinical work (FDA, NIH, AAMC)

Some
examples in
the last 5
years

SOAP into a preliminary year

SOAP into a different specialty

Accept a research position, 2 months later received
PGY1 position, excused from research position

Research position, reapply, match into specialty

No SOAP, accept a different specialty after SOAP
PGY1

Working with OSA

You'll be receiving an email with a SOAP Prep form

Please complete

ALL students are receiving this form. This will:

- 1) take the edge off an unexpected outcome
- 2) allow you to consider what your next steps would be without the in-the-moment stress
- 3) make you better prepared by considering certain elements ahead of time

Support to SOAPing students

- Honor their privacy
- Avoid and respect the OSA hallway during SOAP week if not specifically asked to support a peer or emergency
 - OSA is available via email for any needs



Match Day

- Friday, March 20, 2026
- **10:30 am – 1:00 pm** at the **M&T Bank Exchange**
- **Pick up your tickets in OSA!**
- **A ticket is required** for entry into the event.



Today



LOOK AT YOUR RANK LIST



WRITE 2 THINGS THAT
YOU LIKED ABOUT EACH
PROGRAM



YOU MAKE THE
PROGRAM. WE ARE ALL
CONFIDENT THAT WHAT
YOU BRING TO A
RESIDENCY PROGRAM IS
THE MOST IMPORTANT.



WHEREVER YOU LAND,
THERE IS GOING TO BE A
PATIENT OR A PERSON
WHO IS SO HAPPY THAT
YOU ARE THE PERSON
PARTICIPATING IN THEIR
CARE



We are here
to help!

Team OSA