

Checklist for Residency Planning

Student Affairs goal: To support navigating medical school so you reach your creative potential through personal advising, career advising, etc.

Program Directors look at: GPA, ranking, AOA, USMLE 1 & 2a, b, research
OHSU SOM WEBSITE: [Student Affairs Website](#)

MS2 Fall

- 1. Curriculum Vitae-Save the Following:
 - all activities
 - USMLE 1 Score

- 3. Letters of Recommendation

MS 3 Winter Spring

- 1. Identify your Residency advisor-discuss
 - ① Discuss Letters of Recommendation
 - ② 4th year schedule
 - ③ Lists of Top/Middle/Lower tier schools
 - ④ # applications to residency programs

- 2. VSAS Applications-fill out profile. Arrange housing for away rotations.

- 3. AOA Spring MS3

MS 4 Summer

- 1. Applications for residency programs
 - ERAS <http://www.aamc.org/students/eras/> ; participating specialty list <https://services.aamc.org/eras/erasstats/par/>
 - nonERAS: SF Match <http://www.sfmatch.org/> (NS, Ophthalmology, some Plastic Surgery)
 - PGY 1 Year - IM, Surgery, Transitional Year
 - Where to apply & back-up plan:
 - List of "unfilled positions" available from Marcia DeCaro

- 2. Personal Statement-why did you choose the specialty, your strengths [clinical, research], your future plans
- 3. NBME USMLE 2a, (CK) & 2b (CSE) take before December-sign up 6 months in advance!!
- 4. Dr. Osborne meeting by August 1st.
- 5. Transcript-obtain from the Registrar's office

MS 4 Fall

- 1. Send in Residency Application, September 1
- 2. MSPE (Dean's letter) & ranking, October 1. (We will send first draft to you in July).

We ask that the student proof the letter and check for:

- Name
- Gender
- Accurate Grades
- Matriculation date
- Extensions or LOA
- UC

"Jane Doe demonstrates joy in serving her community. She acted as a student leader in the OHSU Chapter of the Christian Medical and Dental Association (CMDA) and participated in regional and national conferences with this organization. She co-created and gave the opening presentation for the annual, "Controversies in Medicine" session for second-year medical students. Among many other service-oriented activities, she helped organize a free health fair for the uninsured, traveled to Papua New Guinea on a medical mission to deliver healthcare in underserved villages, and volunteered with her local church to serve the poor. Jane Doe also takes great pleasure in her relationships and interests. She is the proud wife of John Doe, with whom she is applying to the couples match in orthopaedic surgery. Together, she and her husband enjoy performing community service, camping, biking, running, and cooking. "

- 3. Interviews-review questions, information from OHSU Students

[http://sls.downstate.edu/student_affairs/residency/pdf/AAMC Roadmap to Residency.pdf](http://sls.downstate.edu/student_affairs/residency/pdf/AAMC_Roadmap_to_Residency.pdf)

MS 4 Spring

- 1. NRMP Match www.nrmp.org, the "Scramble", Match Day (3rd Thursday of March)

Transition to Residency

Feedback: Let me know how well we're reaching our goals, call (503-260-5210) or contact me 24/7 throughout the year. (GQ)