



FREIDA™

FREIDA™, the American Medical Association Residency & Fellowship Database®

The road to residency made simple.

Residency application checklist and timeline

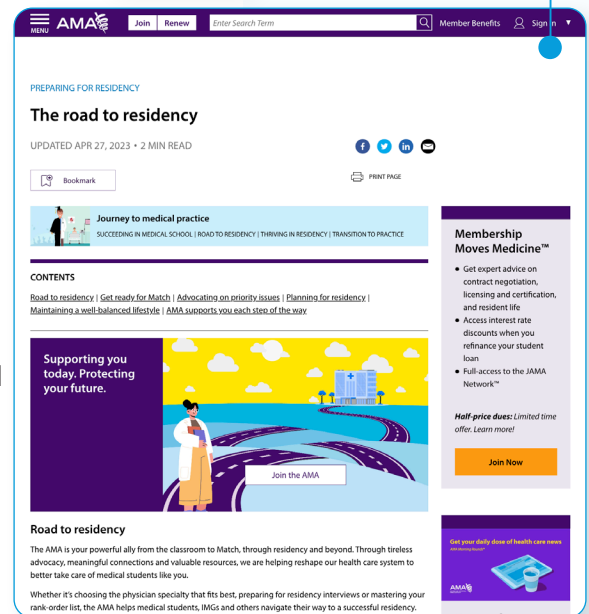
JUNE

Research

- Start researching programs of interest. Visit FREIDA™, the American Medical Association's open-access database with more than 13,000 ACGME-accredited residency and fellowship programs.
- Consider what's important to YOU, where do you want to live? Where is your support system? Get started by reviewing additional resources from the AMA.
- Be sure to review the eligibility requirements for participating in the Electronic Residency Application Service® (ERAS®), the National Resident Matching Program® (NRMP®), or The Match® and for U.S. state medical licensure.
- To access the MyERAS portal, first contact your Designated Dean's Office. They will issue you an ERAS token, which is a one-time access code used to register on the MyERAS system. If you're an international medical graduate, you should contact the Educational Commission for Foreign Medical Graduates.
- Ophthalmology programs and a few individual programs in different specialties require CASPer, a situational judgement test.
- Start of June—ERAS application season opens.
- Once you've registered for MyERAS, begin working on your application.
- Utilize the ERAS guides and worksheets to determine what type of information you will need to gather to complete your application.
- Be diligent as you complete your ERAS application, you can only register once.
- Applicants must register with both ERAS and the NRMP; they are different organizations and systems in the matching process with different functions.
- NRMP is the platform used for matching in all specialties, except for ophthalmology, urology and the military. Be sure to research which matching process you will be using because each match has its own timeline, application service, regulations and method of operation.

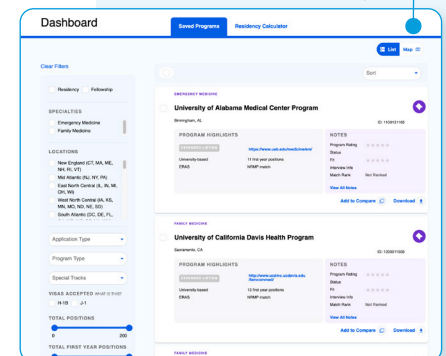


ROAD TO RESIDENCY PAGE
Find resources to begin your journey to residency.



FREIDA, THE AMA RESIDENCY & FELLOWSHIP DATABASE

Over 35 filters to help find the program that's right for you.



FREIDA: The road to residency made simple. freida.ama-assn.org

For suggestions/additions to the residency application checklist and timeline, email gme@ama-assn.org

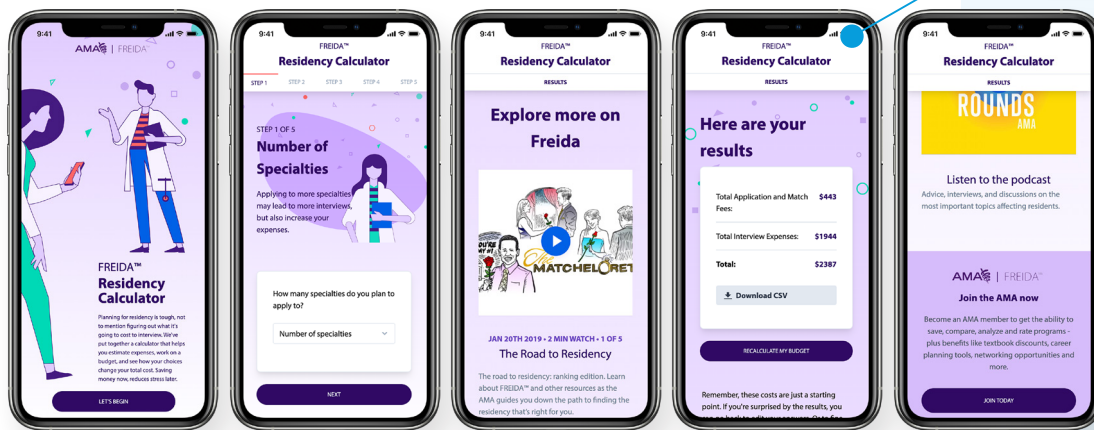
JULY–AUGUST

Prepare your residency application

- Research programs on FREIDA, target and refine your search using up to 35 filters, such as location (list or map view), program type, application information, salary and more. Save your searches so you don't have to reapply your filters for each search.
- AMA members can access the FREIDA members-only dashboard to compare programs, add personalized notes, rank programs and more.
- Browse the FREIDA video gallery, featuring resources to help you navigate your residency journey.
- ERAS isn't free, so budget accordingly. Your residency application and interview budget could run you anywhere from \$200 to \$7,000, mostly dependent upon whether you interview in person or virtually. Plan ahead for application and Match fees with **FREIDA's Residency Calculator**, an AMA member exclusive tool.
- Before you submit your applications in September, familiarize yourself with program signaling. Signaling allows applicants to indicate their specific interest in particular residency programs. Check if your specialty is participating in signaling—and if so, how many programs you can signal. Consult your adviser on how to best place your signals.

RESIDENCY CALCULATOR

Budget and plan ahead for applications, interviews and Match fees.



SEPTEMBER

Apply

- Start of September, ERAS begins accepting application submissions for residency programs.
- Make sure to review your application before submitting because once you certify and submit your ERAS application it will be final—and no changes can be made.
- It's important to submit your application before the date applications are released to programs. For example, if applications are released to programs mid-September, programs may send interview invitations as early as the next day. If you submit your application late, it may not be reviewed in time for the first round of interview invitations.

FREIDA: The road to residency made simple. freida.ama-assn.org

For suggestions/additions to the residency application checklist and timeline, email gme@ama-assn.org

- Mid-September—NRMP registration opens; create a username and password in the **Registration, Ranking and Results® (R3®) system**. Applicants must have an AAMC ID to register for the Main Residency Match. After registering with NRMP, applicants should log back into ERAS and update their profile with their NRMP ID to make it easier for program directors to identify them for placement on the program’s rank order lists.
- Late September, residency programs begin reviewing applications.

OCTOBER

Interviews begin

- Mid-October—residency programs begin interviewing applicants.
- Interview season begins in October and extends through mid-February. Programs will reach out directly to schedule interviews, so be ready.
- Interviews may be in person or virtual, make sure you look your best.
- After each interview, take notes, rank programs and add your post-interview thoughts in your FREIDA members-only dashboard. This information will come in handy later when creating your Rank Order List.
- Medical Student Performance Evaluations (MSPEs) are released to residency programs. In this document your medical school evaluates your performance, highlighting your experience, abilities, academic performance and noteworthy characteristics that program directors should know about you. Your medical school may have a meeting with you and a faculty member where they give you an overview of what will be discussed on the MSPE (and check that your residency applications are on track). In general, the letter is composed from the comments that you received on your core third-year rotations by the different evaluators you interacted with. Students usually cannot alter the contents of an MSPE, but you may be able to see it. Ask your school to confirm.

ROAD TO RESIDENCY RANKING VIDEO

Learn more about residency ranking.

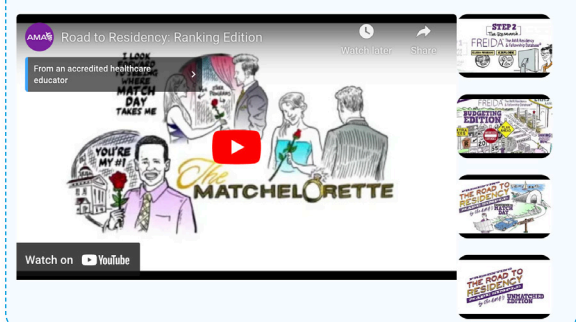


JANUARY-FEBRUARY

Ranking

- As you complete your interviews and visit programs, make a pro-con list for each program and begin to work on your Rank Order List (ROL). Make sure to review your favorite programs on FREIDA and review your notes and post-interview thoughts in your member-only dashboard.
- Start of February—NRMP Rank Order List entry opens, and medical schools begin verifying credentials.
- Prepare for Match Week, what to do if you don’t Match, Ranking and more with the **AMA’s Road to Residency video series**.

The Road to Residency Made Simple



MARCH

Match Week & SOAP®

- Start of March—submission deadline for Rank Order List on NRMP.
- Main residency match results through NRMP become available in mid-March.
- Once Match Week begins, decisions need to be made quickly—so be sure to prepare in advance. Get acquainted with SOAP®, the Post-Match **Supplemental Offer and Acceptance Program®**—even if you think you won't need it.
- Monday of Match Week—NRMP main residency match results are available. At 10 a.m. Eastern time, check your email or log into the R3 system to see your match status. You will learn if you matched or not. If you did match, the system will not tell you where you matched yet. If you did not match, you'll need to decide whether to enter SOAP or not.



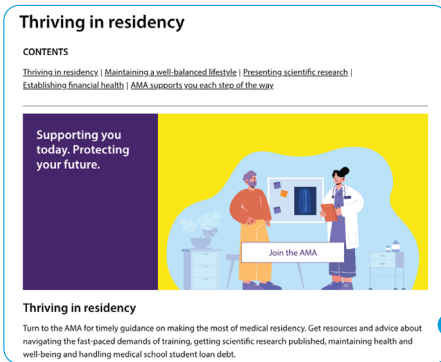
ROAD TO RESIDENCY MATCH WEEK VIDEO

Learn more about Match Week.

MAY-JUNE

Transition

- End of May—ERAS season ends and MyERAS closes.
- End of June—NRMP match system closes.
- Consider your goals plus areas of growth.
- Thriving in Residency



THRIVING IN RESIDENCY

Get the guidance you need to successfully navigate residency.



ROAD TO RESIDENCY UNMATCHED VIDEO

Didn't match? Watch this video about not matching.



Your perfect program is waiting. Access FREIDA today.
freida.ama-assn.org

Scan to check out the FREIDA demo video.