



You need to get matched to a program to start your residency.
This needs at least 2 to 3 years of preparation.

Summary

Write USMLE exams and get good scores
ECFMG – Get residency token & start searching programs.
MyERAS – Complete application & certify + Apply to programs.
Wait for interview calls & attend interviews (No interview = No match)
NRMP – Register & Submit rank order list.

Detailed timelines for planning

1. Two years prior to match application

Prepare for USMLE exams. Write the tests dates and get good scores.

2. On the year of application

JAN to MAR

Obtain ECFMG certification after completing USMLE exams

Select programs that you are planning to apply to. You can use the FRIDA website to search for the programs.

APR to JUN

Prepare CV and personal statement.

Prepare other documents such as Dean's letter.

JUNE

ERAS token is usually out by the middle of June every year. Purchase and register for the ERAS token.

JULY to SEP

Ask for letters of recommendation from physicians who have worked with you. Give them enough time to write.

ERAS application opens

The MyERAS application usually opens early in September. Once submitted and certified, you cannot make any changes to it.

The last day to apply is usually a date in the last week of September. The programs will start accepting you starting from that day.

OCT to DEC

Interview season starts mid-October and goes on to December and sometimes goes to January.

You must go to the US for the interviews. Do not ask for telephone interviews. It is not going to work in your favor.

When you are in the US, it is also a good time to write USMLE step 3.

3. On the year of the match

FEBRUARY

Rank your choices. ROL (Rank order list) opens early in February and the deadline is by the end of February.

The Match Week

It is usually the third week of March. Match is usually around 15th of March. It is a computer process and so the result will be out next day.

How to face all this?

Now that you know the facts, you can start early. The earlier you start preparing, the better it is. Set your goals, write them down and have a plan. Having one or two colleagues who are like-minded will help to discuss things along the way.

Examine how serious are you to get into a residency program in the US.

If you are honest and sincere to yourself, you can do it. If you need some professional assistance, we at the Pre-Residency program (www.pre-residency.com) are ready to help you to achieve your goals.