

Introduction to Medical School Residency Applications

Stressful but successful!

Introduction to Medical School Residency Applications

Stressful but successful!

2026 Main Residency Match



20,934 Applicants



44,344 Total Positions



93.5% US MD Senior Match Rate

2026 Upstate Match



98% Match Rate



99% Placement Rate Post SOAP

Terms to Know

ERAS

Electronic Residency
Application Service

MSPE

Medical Student Performance
Evaluation

SOAP

Supplemental Offer and
Acceptance Program

NRMP

National Resident Matching
Program

LoR

Letters of Recommendation

Match Day

December-March

SLOE

Standardized Letter of
Evaluation

Signaling

Interest Indicators

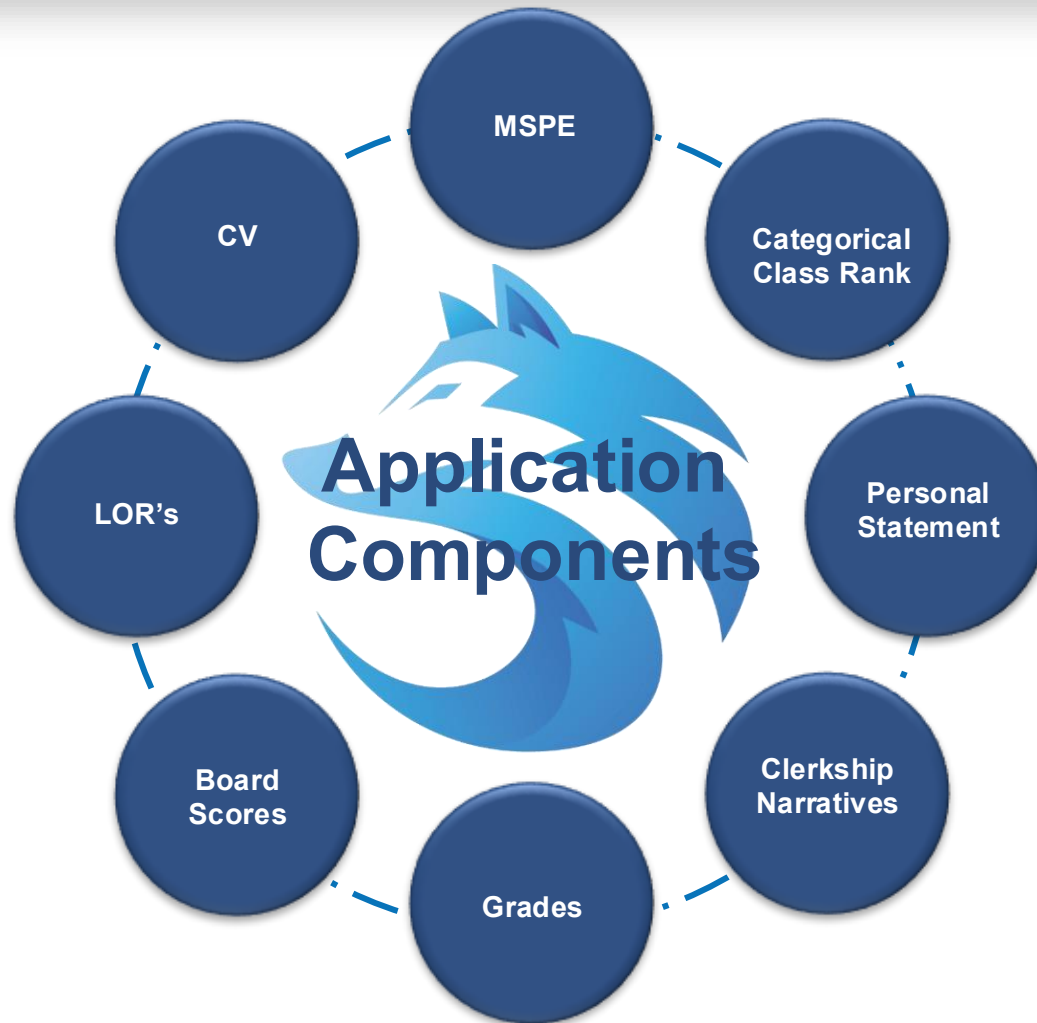
ROL

Rank Order List

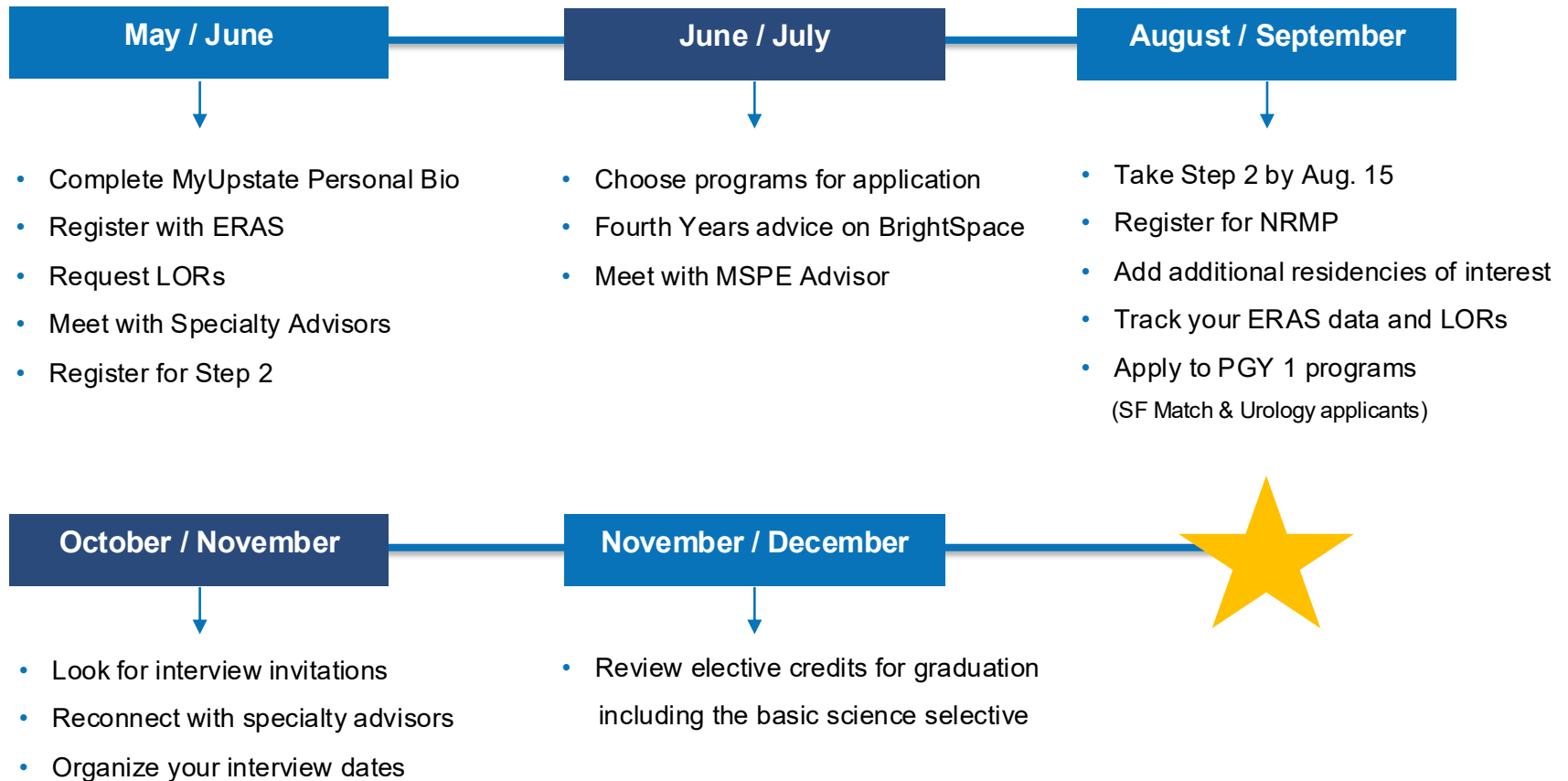
Residency Applications & Platforms

ERAS	All Specialties w/Exceptions
ResidencyCAS	EM & OB/GYN
CaRMS	Canadian Match
Military Match	Active Military
SF Match	Ophthalmology
Couples	Dr. Maimone

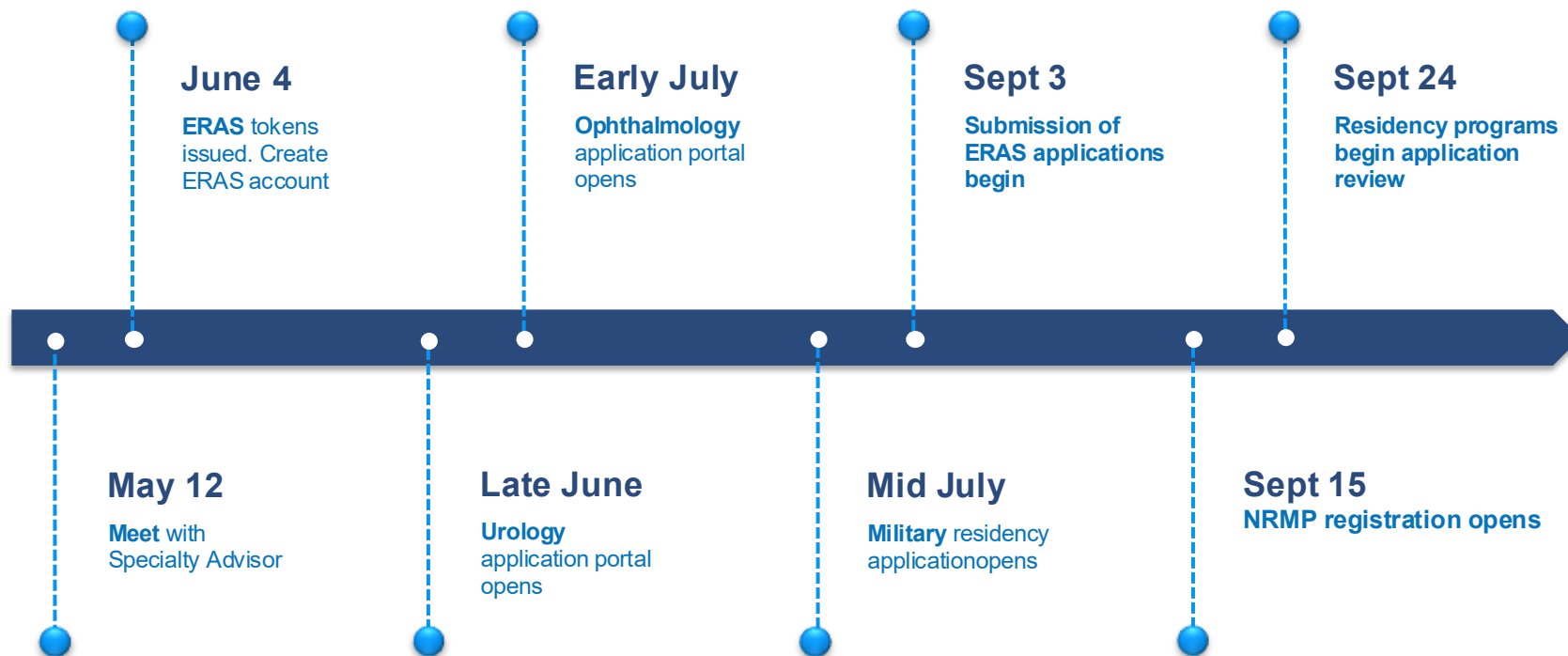
Application Components



Timeline



Timeline



Application DO's



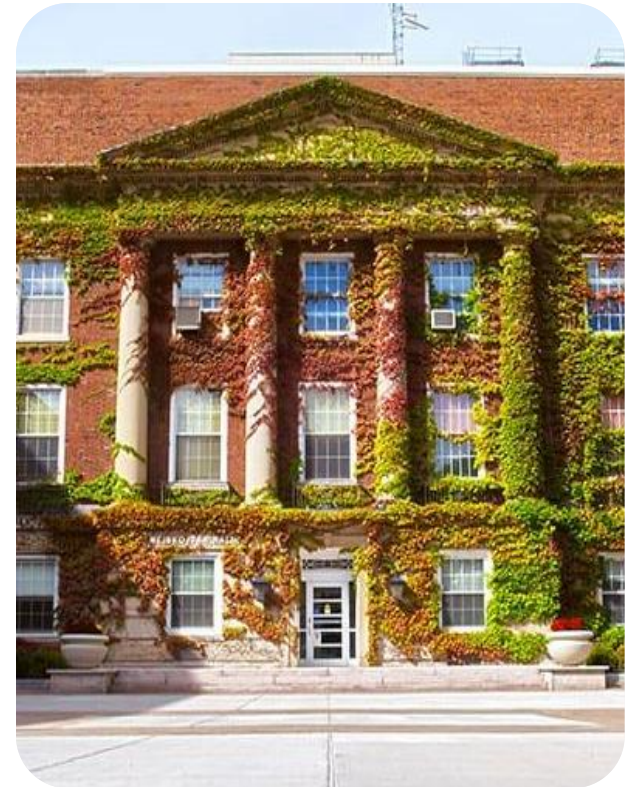
- ✓ Start early!
- ✓ Meet with specialty advisors
- ✓ Research programs thoroughly
- ✓ Be authentic & reflect your values
- ✓ Show don't tell-examples
- ✓ Make your personal statement personal
- ✓ Revisit your CV
- ✓ Use your Upstate Resources
- ✓ Read: medmatchadvising@upstate.edu



Application DON'Ts



- ✗ Don't procrastinate
- ✗ Disregard feedback
- ✗ Reuse your AMCAS application/statement
- ✗ Plagiarize or overuse AI tools
- ✗ Discount program fit/alignment
- ✗ Be too vague, pompous or overinflated
- ✗ Neglect your Upstate resources
- ✗ Ignore advice, expertise, or assistance
- ✗ Get overwhelmed or over-stressed



Resources

ERAS: 2026 Application Season opens 6/4/25

- [ERAS Overview](#)
- [ERAS Tools and Worksheets for Residency Applicants](#)
- [2026 ERAS Residency Timeline](#)
- [Fees for ERAS Residency Applications](#)
- [\(1\) Program Signaling for the 2026 ERAS cycle](#)
- [\(2\) Program Signaling for the 2026 ERAS cycle](#)
- [AAMC Careers in Medicine](#)
- [Residency Explorer Tool](#)

Special Matches

- [SF Match/Ophthalmology](#)
- [Urology](#)
- [ResidencyCAS-Ob/Gyn & EM](#)
- [CaRMS](#)
- Military: info sent by specific Armed Services branch

Other

- [Texas STAR \(access to database granted in May\)](#)
- [Big Interview Medical](#): Free tool provided by Student Affairs. Log in with your Upstate email. This resource provides written/video lessons on residency interview basics, challenges, tips, and has a virtual mock interview practice with a bank of general to specialty specific questions. Your recorded interview answers can then be shared with anyone to receive feedback. Questions? Hannah Bullington at BullingtonH@upstate.edu.

NRMP

- [NRMP overview](#)
- [2026 Main Residency Match Applicant Calendar](#)
- [NRMP Match Data](#)
- [2024 Charting Outcomes in the Match \(most recent data\)](#)
- [2025 Main Residency Match Results](#)

Upstate Career Development Resources

- [Advising and Career Development](#)
- [Specialty-Specific Information](#)
- MSPE information: we need to refine these webpages



Spotlight Sessions

May 13 Leveraging Match Data

June 10 Personal Statement

August Signaling

September Interviewing

January Rank Order List

March SOAP

You can do this!

