

CA MATCH APPLICANT CHECKLIST

Pre-Season: April - May

- ☐ Reach out to potential LoR writers if not yet confirmed. Aim for 4 strong LoRs.
 - ☐ IM applicants should secure an [IM SEL](#) (previously known as the Chair Letter or Department Letter).
 - ☐ EM applicants should secure 2x SLOEs along with 1-2 standard LoRs.
- ☐ Start drafting your [personal statement](#).
- ☐ Review the [ERAS Application worksheet](#).
- ☐ Create a comprehensive list of all your experiences (work, clinical, volunteer, research, teaching, etc.) *While ERAS includes only 10 Experience boxes, you'll want to consider the full scope of your experiences to determine [which entries can be bundled together](#).*
- ☐ Prepare 3 Noteworthy Characteristics for your [MSPE](#) and provide to your school - OR - Prepare your MSPE document (including Noteworthy Characteristics) if advised by your school to do so; send to school for signature and upload once complete.

Phase 1: June - August

- ☐ Obtain your ERAS Token via your Designated Dean's Office (June 4th for USMDs/DOs) or ECFMG's [OASIS](#) (June 26th for IMGs).
- ☐ [Sign up for an AAMC account](#) and register your Token.
- ☐ Register on the MyERAS Portal [here](#).
- ☐ Request your Letters of Recommendation via [ERAS LORP](#) (aim for 4 strong LoRs).
- ☐ Upload Your [ERAS Photo](#) (should be of professional quality).
- ☐ Enter your personal details in ERAS. Save your progress, but **do not certify until fully complete**. No changes can be made after certifying except for your basic information & address.
- ☐ Finalize and upload your personal statement.
- ☐ Write and enter your 10 MyERAS experience descriptions.
- ☐ Complete supplemental information in ERAS:
 - ☐ 3 meaningful experiences
 - ☐ 3 geographic preferences
 - ☐ Setting preference
 - ☐ Impactful experience (if applicable)
 - ☐ Interruptions & Extensions (if applicable)
 - ☐ Hobbies
 - ☐ Publications/Presentations
 - ☐ Additional information section
 - ☐ Specialty-specific supplemental questions (*as of 4/2025: anesthesiology, plastic surgery integrated, neurosurgery*).
- ☐ Release USMLE transcripts.
- ☐ Confirm your school has uploaded your MSPE and academic transcripts - OR - Upload your MSPE and academic transcripts via ECFMG's OASIS.
- ☐ Confirm your LoRs are uploaded.

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Phase 2: September

- ☐ Register for NRMP Match Services (September 15), and add NRMP ID into MyERAS Application.
- ☐ Re-release USMLE transcripts if new score is available.
- ☐ Certify your MyERAS application.
- ☐ Select programs.
- ☐ Assign documents (personal statement(s) and LoRs).
- ☐ Assign signals.
- ☐ APPLY! **ERAS opens to programs at 9a ET on September 24th, 2025. It is smart to certify and apply at least 2-3 days ahead of time to avoid any unexpected delays, including technical errors within ERAS, which are common.*
- ☐ Begin preliminary interview prep and start developing responses to common questions.

Phase 3: October - November

- ☐ Start Interview Prep and schedule regular practice sessions.
- ☐ Send letters of interest to signaled programs from whom you have not yet received an interview. *Allow a minimum of 3-4 weeks for programs to review applications.*

Additional Items for IMGs

USMLEs

- ☐ Step 1 (Ideally completed prior to May)
- ☐ Step 2 (Take by 7/22 to ensure results are made available by ERAS opening day)
- ☐ Step 3 (If possible, complete before applying in September)

ECFMG Related

- ☐ OET
- ☐ Pathway approval (new Pathways typically open in May and are available through January)
- ☐ ECFMG certification/verification

This list is not exhaustive. Add personal milestones as needed.