



AMO: GUIDE TO THE NATIONAL RESIDENT MATCHING PROGRAM



Each year, the National Resident Matching Program hosts The Match, pairing graduates to residency positions in an effort to create the ideal learning experience for both parties.

Understanding the Process

Individuals apply to, interview with, and rank their top residency programs. Programs go through a similar process, reviewing applications and interviewing and ranking candidates. Once rank lists are complete, the NRMP's unique algorithm matches candidates into residency positions considering both the applicant's and program's preferences.

IMGs and the Match

To register for the Match, international medical graduates must be ECFMG certified. This requires passing scores on USMLE Steps 1 and 2 or through one of the ECFMG Certification Pathways. Applicants must then provide verified school transcripts.

The Match Timeline

Graduates also need to create a MyERAS account. Here, all graduates complete their application, select programs, upload necessary documents, and submit all materials to programs. The application submission period opens in early September and closes in late September. Residency interviews take place between October and January, with rank lists due in late February. Candidates are notified of their placement in mid-March.

Finding the Right Match

There's no question about it: the Match is competitive. But it's important not to place too much focus on simply being accepted. The NRMP's algorithm considers your preferences when placing you, so it's important to remember the control you have over your future.

Consider the following points in determining what programs are the right fit for you.

Specialties

- What are your areas of interests or your strengths? Can you see yourself in this specialty for at least three years?
- Do your experiences and education make you a good candidate for the specialties you're applying to?
- Are you interested in a subspecialty and does the program you're applying to offer that subspecialty?

Program Details

- Where is the program located? Can you see yourself living there for at least three years?
- Understand the community. What is the population, size of the program, or the area's doctor-to-patient ratio? These details may influence the number of patients you see or the types of cases.
- What will your work/life balance look like in this program?

Understand the Reality

- How many residency positions are available in the specialties you're considering? How many typically go to IMGs?
- Research the geographic areas of the programs you're considering. Are some in states friendlier to IMGs than others?
- Don't be discouraged if you don't Match and don't shy away from using SOAP.

FILL MATCH REQUIREMENTS WITH AMO

Need more U.S. healthcare experience? Need a letter of recommendation for the Match? Apply for a U.S. clinical rotation with AMO opportunities and get the experience that will set you apart.

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