

**I MATCHED!**

**IN**

*Anesthesiology*

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**AT**

*My Best Fit  
Residency*

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**MATCH** 2026



make  
**informed**  
**decisions**

# Your Mentoring Team

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## OSA Advisor

- Kerri Thom

## Specialty Advisor(s)

- Stephanie Kahntroff (R)
- PD: Kim Hollander
- Chair: Sam Galvagno

## Peer Advising

- Anthony Atalla
- Donald De Alwis
- **Alumni Network**

# Alumni Network

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Access from your MedScope portfolio – Career Tab

✦ **New!** Search the **Alumni Network**. You must first select specialties you are considering below.

You have to indicate specialty interest to access the list

At the bottom of the page – you can also register to become part of the Alumni Network

# Residency Application Manual

<https://www.medschool.umaryland.edu/osa/residency-application-manual-/>

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# Specialty Guidelines

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[ASA \(American Society of Anesthesiologists\) Medical Students](#)

[SAAAPM \(Society of Academic Associations of Anesthesiology & Perioperative Medicine\) 2024\\_2025 Application Guidelines](#)

- 2025\_2026 guidelines pending for this year

# What is New for 2026?

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Anesthesiology – short answer questions and program signal statements



SAAAPM Guidelines have not been released for 2026 Cycle



Lower Cost – [ERAS Fee Structure](#) and Expanded Fee Assistance (Introduced 2025)

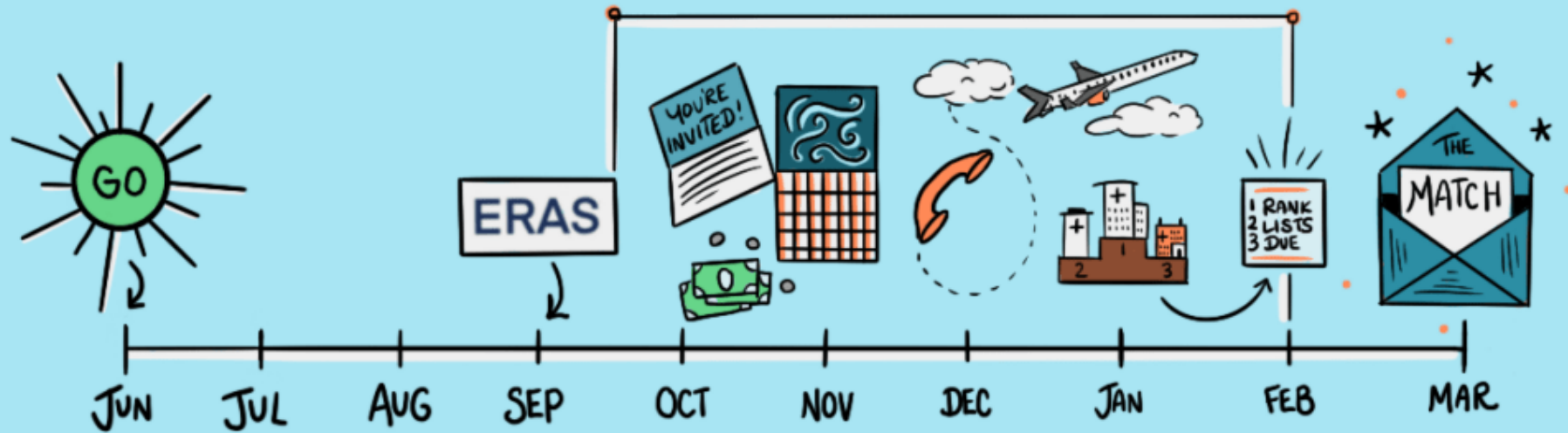


Updated [Residency Explorer Tool](#) (Typically updated in June/July; Anticipate Step 2 included)



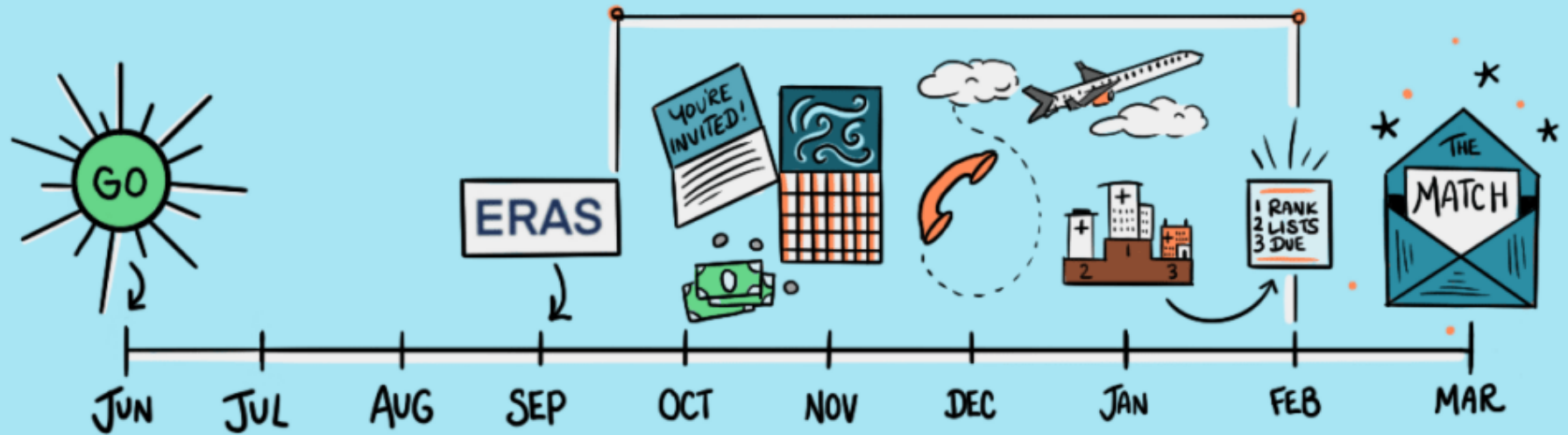
Greater integration with [Thalamus](#) for interview scheduling/management

# RESIDENCY APPLICATION TIMELINE: WHEN IS THE BEST TIME TO START APPLYING?





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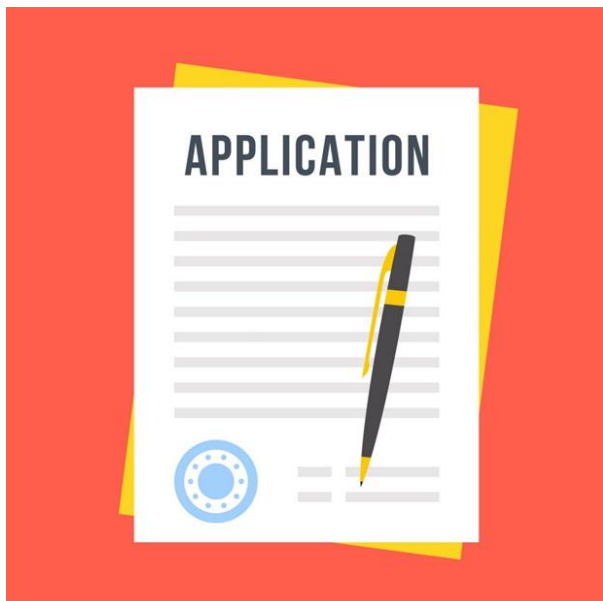


thalamus





**NRMP**<sup>®</sup>  
National Resident Matching Program<sup>®</sup>



**match.**♥



# ERAS/NRMP TIMELINE

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Date	Activity
Jun 4, 2025	ERAS 2024 season begins at 9 a.m. ET.
Sep 3, 2025	Residency applicants may begin submitting MyERAS applications to programs at 9 a.m. ET.
Sep 24, 2025	Residency programs may begin reviewing MyERAS applications and MSPEs in the PDWS at 9 a.m. ET.
End of January	Register for NRMP Match and SOAP
Feb 2, 2026	Ranking Opens in NRMP at Noon ET
Mar 4, 2026	Rank Lists Certified by 9 p.m. ET
3 <sup>rd</sup> week of March	SOAP and MATCH

\*Note, these dates are subject to change. Please reference [ERAS® Residency Timeline](#) and the [NRMP Match Calendar](#) for the most updated schedules.

WHAT  
SHOULD  
I DO



# Upcoming workshops ...

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*May: OSA Specialty-Specific Advising (NOW!)*

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4/29: Mission and Brand with Dr. Lumpkins (TOMORROW!)

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**5/5: The Preliminary/TY Application**

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Personal Statement Writing Workshops: 7/15, 8/19

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May-Jun: OSA 1:1 Advising Sessions

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Jun: My ERAS Workshop

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Aug: Interview Preparedness

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Jan: Post-Interview Advising

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Mar: Match Week/SOAP Workshop (mandatory)

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# What you can be doing now ...

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Scheduling Tweaks, Away Rotations, Graduation Requirements

Consider Narrative/Brand

Preview Application ([2026 Residency Application Worksheet](#))

Work on your CV ([OSA CV Tips](#))

Create a draft of your Personal Statement ([OSA PS Guidelines](#))

Meet with Mentors (OSA, Specialty Advisors, Peers)

Create a preliminary list of programs

Complete Advising Survey

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# Scheduling, Resources

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[Clinical Scheduling](#)

[Graduation Requirements: Renaissance Curriculum](#)

[MedScope Class of 2026 Page](#)



# Graduation Requirements

## Clerkship Phase

- ☒ Complete all Clerkships by 12/31/2025 (x EM)
- ☒ Complete 2-week Elective

## TWO Sub-Internships

- ☐ Sub-Internship #1 \_\_\_\_\_
- ☐ Sub-Internship #2 \_\_\_\_\_



## 5 Electives

- ☐ Elective #1 \_\_\_\_\_
- ☐ Elective #2 \_\_\_\_\_
- ☐ Elective #3 \_\_\_\_\_
- ☐ Elective #4 \_\_\_\_\_
- ☐ Elective #5 \_\_\_\_\_

- Up to 2 Pre-clerkship
- Two must be "in catalog"

## Transition to Residency

- ☐ Block 10      or      ☐ Block 9 (Gen Surg)

- ☐  Ambulatory  
*\*must be registered as Ambulatory*
- ☐  Internal Medicine

### Other Requirements:

- ☐ FRCT Scholarly Project
- ☐ OSCE
- ☐ Take USMLE Step 2
- ☐ FA Exit Interview

# A Note on External Rotations (“Aways”)

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Away Rotations are NOT required (pros/cons)

**YOU MUST ADD THIS COURSE AT SOM!!!**

Required forms are found on the Student Scheduling Page

- Forms should be completed/signed by Departments
- Submitted to Add/Drop

Where to apply – discuss with faculty advisors

- Prior year away rotations, on MedScope Class page

# Application – Short Answer

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1. "Describe a time when you faced adversity, how you overcame it, and any lessons learned from it."
2. "Describe a situation in which you would have made a different decision that might have led to a better outcome."
3. "Describe your ideal career as an attending."
4. Program Signal Statement(s)

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Create a preliminary list of programs **More on this later!**

Complete Advising Survey

# What you can be doing now ...

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Scheduling Tweaks, Away Rotations, Graduation Requirements

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Create a preliminary list of programs

Complete Advising Survey - [Link](#)



# Important Reminders

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- **Confirm name/pronunciation in MedScope** as you wish for graduation/diploma
- Update your **Preferred Pronouns** in MedScope for the MSPE (if not indicated will default to he/him, she/her)
- Update your **contact information** in MedScope
- Consider your brand and ensure social media profiles are professional/clean
- Pay it forward, sign up to be an **Alumni Mentor** (Career Tab, MedScope)
- Use the **MedScope Interview Tracker** to ensure optimal advising (More information to come)!
- Meet with Financial Aid (Sophia Cascio/Juanita Sims)
- Complete **Graduation Questionnaire** (online through AAMC) – available Feb 14, 2026

# 1:1 Sessions with OSA

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These are FOR YOU!

Answer any questions: scheduling, graduation requirements, application logistics

Individualized application guidance

- Competitiveness for Specialty
- How many programs to apply to
- Which programs to apply to
- Contingency plans

Discuss your MSPE ([Example MSPE](#))

# Competitiveness of Specialty

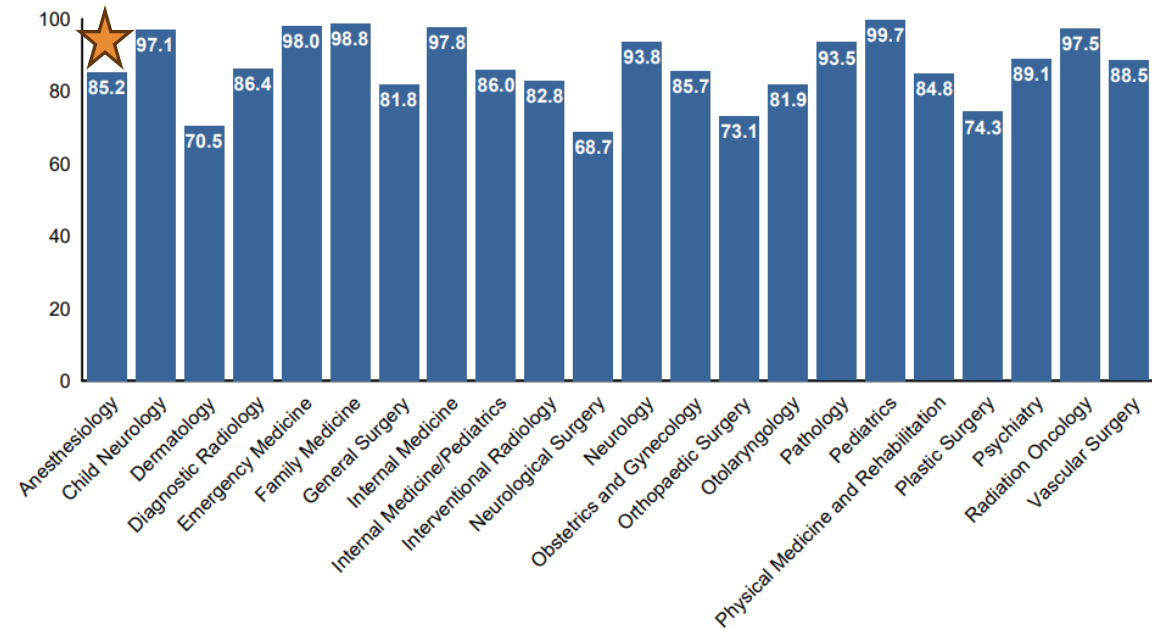
89.5 % Match Rate

No/Few unfilled positions in the match

[NRMP Charting Outcomes 2024](#)

Chart 3

Match Rates of U.S. MD Seniors  
Percent Matched by Preferred Specialty



\*Match rate, unchanged from 2022 (89.5)

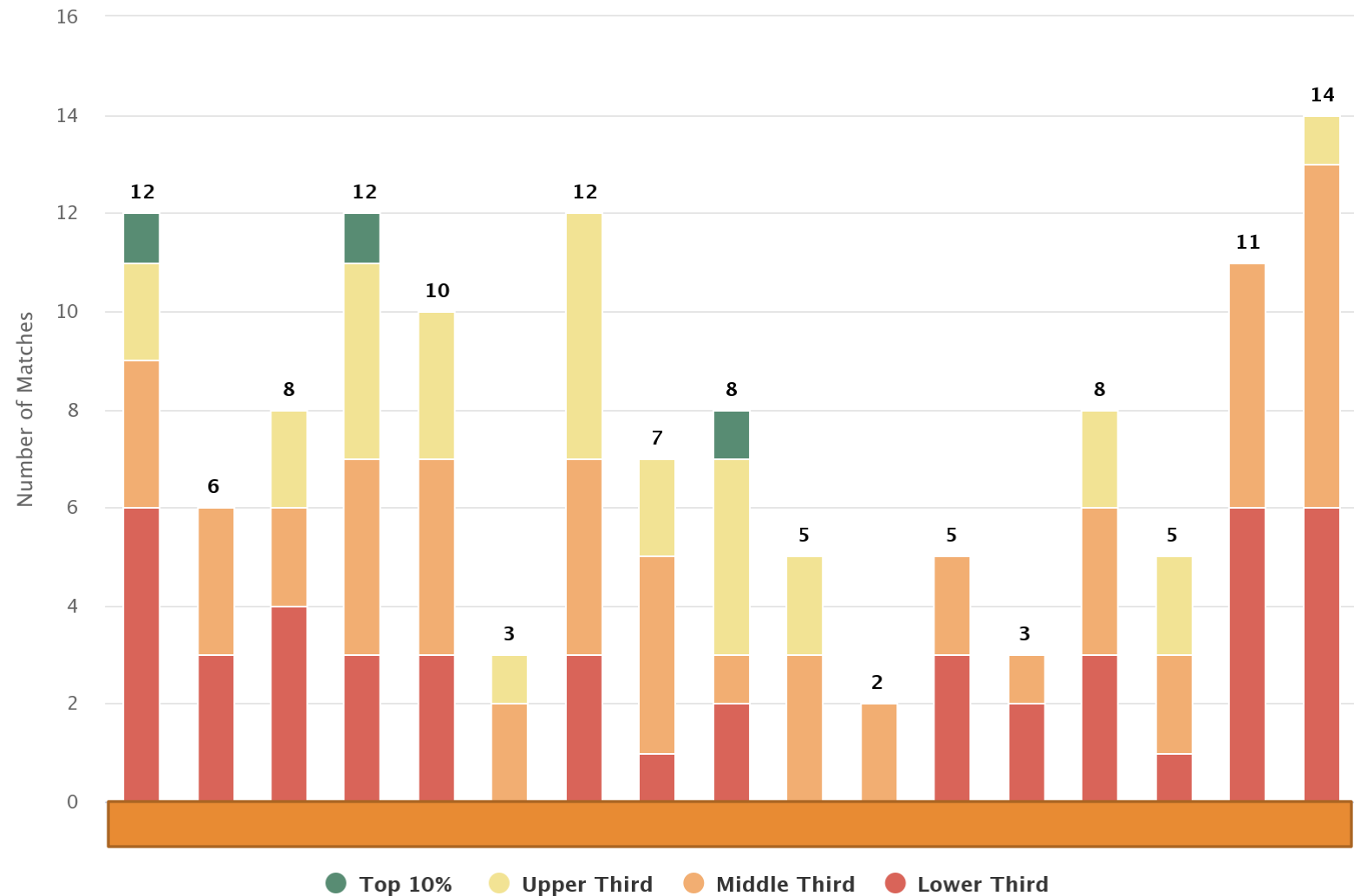
# A Competitive Applicant looks like ...



Anesthesiology

Student MSPE Rank

UMSOM  
MedScope Data



Graduating seniors, non-preliminary, main matches only.

\*Note, SOM no longer uses "Thirds" for Class Standing

# A Competitive Applicant looks like ...

Goal Step 2, 240s

Research is NOT important

Consider YOUR narrative

[NRMP Charting Outcomes 2024](#)

**Table  
AN-1**

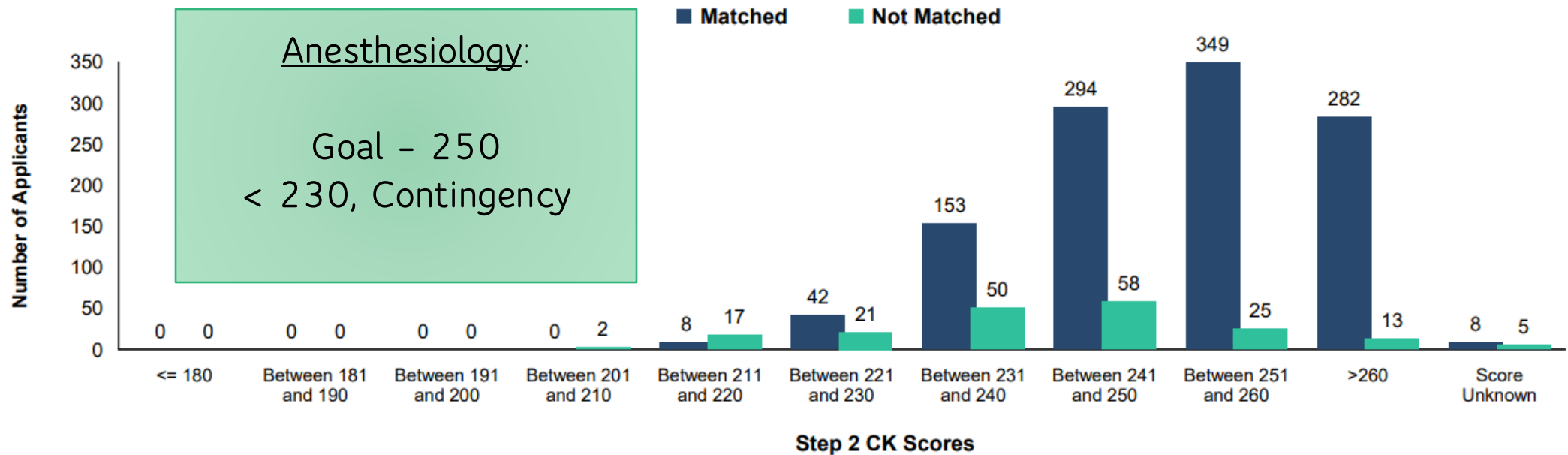
**Summary Statistics on U.S. MD Seniors  
*Anesthesiology***

Measure	Matched (n=1,136)	Unmatched (n=191)
1. Mean number of contiguous ranks	13.7	7.0
2. Mean number of distinct specialties ranked	1.6	1.9
3. Mean USMLE Step 1 score*	234	216
4. Mean USMLE Step 2 score	252	240
5. Mean number of research experiences	3.8	3.1
6. Mean number of abstracts, presentations, and publications	9.0	5.4
7. Mean number of work experiences	2.0	2.4
8. Mean number of volunteer experiences	4.3	4.1
9. Percentage who are AOA members	14.4	0.5
10. Percentage who graduated from one of the 40 U.S. medical schools with the highest NIH funding	33.1	24.1
11. Percentage who have Ph.D. degree	3.8	1.6
12. Percentage who have another graduate degree	17.2	24.1

# More on goals for Step 2 ...

Chart  
AN-4

## USMLE Step 2 CK Scores of U.S. MD Seniors *Anesthesiology*



# A Competitive Applicant looks like ...

Goal Step 2, 250s

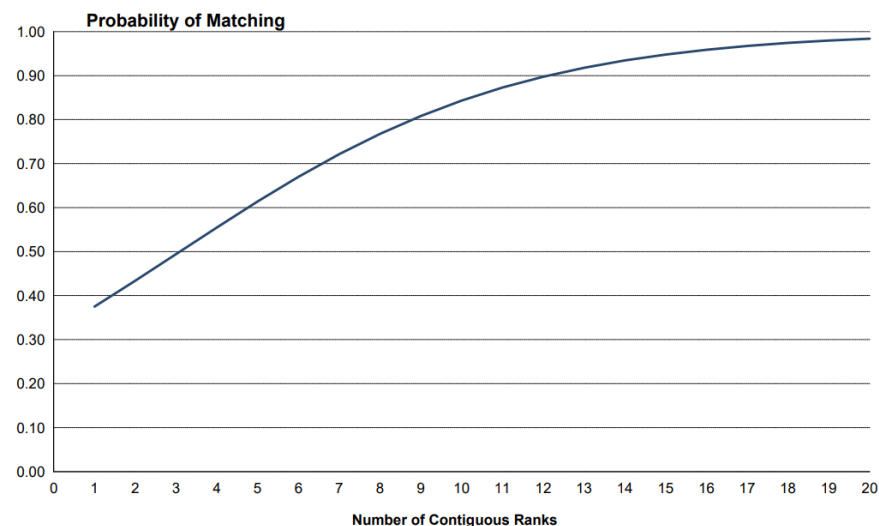
Research is NOT important

Consider YOUR narrative

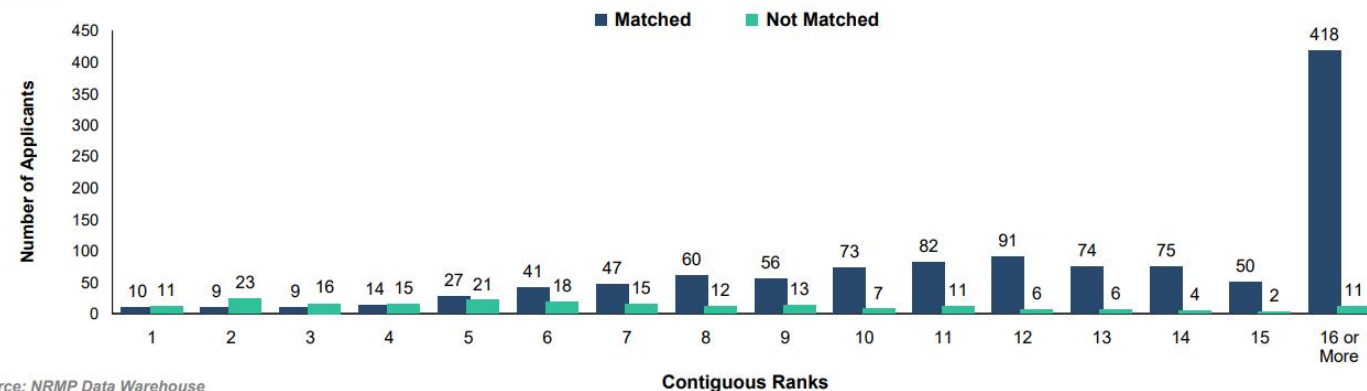
UMSoM Data from 2021-2025			
Anesthesiology	No. Students	Avg. No. Interviews	% Match
All	56	11	91% (51/56)
AOA	5	13.2	100% (5/5)
Non-AOA	51	10.8	91% (51/56)
Step 2 >= 252	17	13.4	100% (17/17)
Step 2 < 252	39	9.9	87% (34/39)
Step 2 >= 248	25	12.8	100% (21/21)
Step 2 < 248	31	9.3	90% (26/31)
GHHS	10	12.2	100% (10/10)
Non-GHHS	46	10.7	89% (41/46)
Clerkship Standing (2022-2025)			
Exceptional	7	14.7	100% (7/7)
Outstanding	8	11.4	100% (8/8)
Excellent	16	12.7	94% (15/16)
Very Well	19	7.7	84% (16/19)

## NRMP Charting Outcomes 2024

**Graph AN-1** Probability of U.S. MD Seniors Matching to Preferred Specialty by Number of Contiguous Ranks  
*Anesthesiology*



**Chart AN-2** Number of Contiguous Ranks of U.S. MD Seniors  
*Anesthesiology*



Source: NRMP Data Warehouse

# How many programs to apply to...



# How many programs to apply to...

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**Students at UMSOM applying to ANESTHESIOLOGY applied to on average 39.8 programs in 2025.**

*Note, this includes students from all class ranks and range of step scores.*

UMSoM: Anesthesiology	2023	2024	2025	2025 National for MD
Avg Applications	69	58.3	39.8	44.9
Avg Interview Offers	12.3	11.5	9	N/A
% Invites/Applications	17.90%	19%	23%	N/A
No. Signals	4	15	15	15
Percent of Interview Offers from Signaled Programs	22%	78%	82%	N/A
Percent of Interview Offers from Non-Signaled Programs	78%	22%	18%	N/A
No. Additional Interview Offers from Non-Signaled Programs	1 to 26	1 to 4	0 to 5	N/A
Signal Hit Rate (#Interviews/15)	73%	66%	51%	N/A
No. Gold Signals	N/A	5	5	5
Gold Signal Hit Rate (#Interviews/5)	N/A	80%	65%	66%
No. Silver Signals	N/A	10	10	10
Silver Signal Hit Rate (#Interviews/10)	N/A	49%	43%	38%
Non-Signal Hit Rate (#Interviews/No. Non-Signaled Apps)	N/A	5.60%	6.50%	2%

# Signaling

## □ Signals vary by Specialty

□ Applying to Residencies with  
ERAS® | Students & Residents  
([aamc.org](https://aamc.org))

## □ Anesthesiology: 15

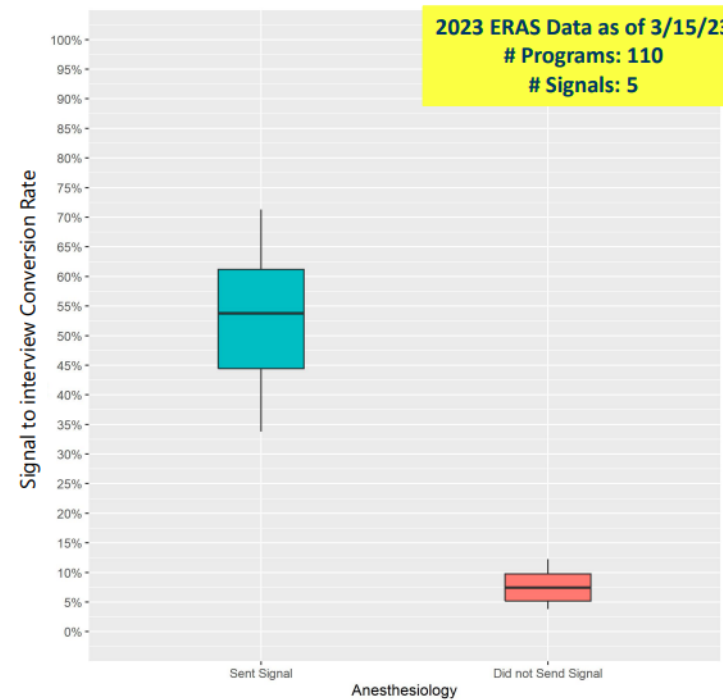
5 Gold  
10 Silver

### Pro Tip:

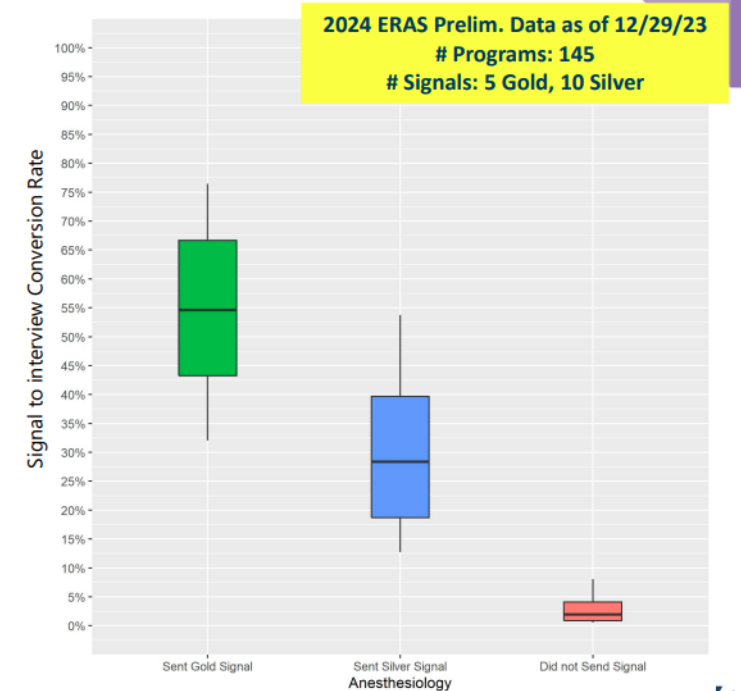
- Use ALL available signals
- Signals should include Reach/Target/Safety



## Anesthesiology: Interview Rates by Program Signal Status Year Over Year Comparison



© Association of American Medical Colleges



# How many programs to apply to...

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Clerkship Standing	Interview Hit Rate	No. Apps Suggested (Goal 14 Interviews)
Exceptional	36%	35-45 (39)
Outstanding	29%	45-55 (48)
Excellent	20%	60-80 (70)
Very Well	13%	85-100 (100)
Red Flags	N/A	100+

# Which Programs to apply to ...

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**FREIDA** is a good tool to help you look at accredited programs by specialty in different regions around the country. <https://freida.ama-assn.org/Freida/#/>

**AAMC Residency Explorer** is a useful tool in assessing your competitiveness at particular programs: <https://www.residencyexplorer.org/Account/Login>

**MedScope Data** \*We will review together – this data allows you to see where you stand as a student at UMSOM  
[Where do our students match?](#)

**Departmental Advisors** (as well as faculty advisors, and senior students) are another key source of program information

## Example – Average Student

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No. Applications: 70

No. Offers: 13

Brown University/Rhode Island Hospital-Lifespan
Emory University
George Washington University
Georgetown University Hospital
Johns Hopkins University
Lahey Clinic
New York Presbyterian Hospital (Columbia Campus)
Ohio State University Hospital
Thomas Jefferson University
University of Maryland
University of Pennsylvania
University of Virginia
Virginia Commonwealth University Health System

# Example – Below Average

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No. Applications: 83

No. Offers: 8

George Washington University

Temple University Hospital

Thomas Jefferson University

TidalHealth

University at Buffalo

University of Central Florida/HCA GME Consortium

University of Maryland

Virginia Commonwealth University Health System

# Example – Above Average

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No. Applications: 25

No. Offers: 12

Brigham and Women's Hospital

Johns Hopkins University

McGaw Medical Center of Northwestern University

New York Presbyterian Hospital (Columbia Campus)

New York Presbyterian Hospital (Cornell Campus)

New York University School of Medicine

SUNY Health Science Center at Brooklyn

University at Buffalo

University of California (San Francisco)

University of Maryland

University of Pennsylvania

University of Virginia

# What is “Acuity Insights”?

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A collection of assessments allowing programs to get to know specific applicants better by showing your unique competencies and attributes beyond your grades

- Casper – open-response, situational judgement test
- Snapshot – short, one-way video probing communication skills and motivation for profession
- Duet – value-alignment assessment comparing what applicants/programs value most

Some Anesthesiology programs require this

Once you have a list of programs, you can check on this site: <https://acuityinsights.app/faq/>

- Very likely will be updated throughout the cycle



# What is “Acuity Insights”?

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At this time – NO Residency Programs are listed on the acuity insights page ...

# Letters of Reference: 4 Total Letters

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1. Chair Letter is Required
2. Anesthesiology Faculty
3. Anesthesiology (or Other) Faculty
4. Other/Internal Medicine

# Explaining the Preliminary Year

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Anesthesiology has both integrated and advanced programs

You should apply to preliminary or transitional programs (required for Advanced programs)

Generally the SAME application:

- Can use the same Personal Statement
- Need IM Letter (Dr. Dittmar)
- For other letters, Anesthesiology faculty are FINE!

Pro Tip:

- You can also signal for IM  
Prelim: 3 Gold, 12 Silver

# Contingency Planning

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## ANESTHESIOLOGY: Rank IM Preliminary Year Last

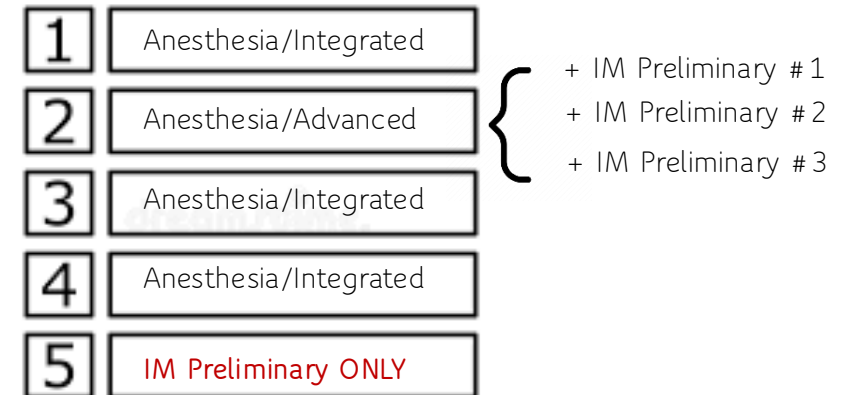
All students need some contingency

- Apply to the right #/mix of programs
- Rank ALL programs you interview at
- Be PROACTIVE – communicate with OSA
- Update the MedScope tracker

Geographical constraints – Dual Application

SOAP is NOT a contingency plan

- **no unfilled Anesthesiology programs**



# Interviews

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Rolling Interview Offers

Anticipate Interviews will be VIRTUAL

Anesthesiology department does Mock Interviews

[Interview Resources](#) – RAM



**Class of 2025 Match Day**