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Careers in Medicine® is a program
of the Association of American Medical Colleges

Careers in Medicine Timeline

M1

Orientation to Careers in Medicine (CiM)
Connect with an advisor or mentor

Understand Yourself

Attend CiM workshops at your school
Begin taking [self-assessments](#) on the CiM website

M2

Complete self-assessments
Review your [assessment results](#) with your advisor

Explore Options

Begin gathering basic information about [specialties](#) of interest
Attend specialty interest groups and panels at your school
Conduct [informational interviews](#) or participate in preceptorships
Compare your assessment results to the information you've gathered about specialties
Plan your [third-year schedule](#)
Take USMLE® Step 1

M3

Begin clinical rotations; record your reflections on the [Clinical Rotation Evaluation](#)
Review [competitiveness data](#) to assess your qualifications
Join appropriate specialty associations and organizations

Choose a Specialty

Meet with your advisor to discuss your top specialty preferences
Complete the [Specialty Indecision Scale](#) if you're having difficulty making a specialty decision

Land a Residency

ERAS opens for applicants (spring)
Register with [ERAS](#) and begin preparing residency application materials
Request [letters of recommendation](#) from faculty in your chosen specialty(ies)

M4

Research residency training programs through the [AMA's FREIDA Online](#)
Pinpoint your preferences using the [Residency Preference Exercise](#)
Begin reviewing and comparing [residency programs](#)
Register with the [National Resident Matching Program](#) ® for the Main Residency Match
Register for early Match programs, if applicable
Begin applying to programs and transmitting applications through ERAS (September 15)
Take USMLE Step 2
Medical Student Performance Evaluation (MSPE) released (October 1)
[Interview](#) with residency programs
Rate programs using the [Residency Preference Exercise](#)
Early Match deadline (early–mid January)
Rank your selections for the NRMP Main Residency Match (late February)
Match Day (third Friday in March)