Applying to residency can feel overwhelming during various phases of the process. Below are both suggestions and resources to help you prepare for and navigate the application process.

A. The first step in applying to residency is to identify key criteria and factors you are looking for in a residency.

- Talk with your Career Advisor [1] in your specialty and/or a college advisory mentor [2] regarding important factors to look for in your training
- Talk to current residents, alums or professionals in your specialty about their experience in residency
- Read Next Step: A guide to the Residency Application Process posted on iRocket under Residency Applications [3]. The article suggests various methods for researching and choosing a specialty.

B. Understand the process involved in the residency application process and match

- The School of Medicine provides an overview of the residency application process and Match [4] as well as a timeline [5] with key dates in the application cycle.
- UCSF Undergraduate Medical Education sets up a course on iRocket each year called Residency Application and the Match [3] to provide medical students with up-to-date information regarding the residency application process. On the site you will find information about the MSPEs, ERAS, CVs, personal statements, interviewing and the Match.