

Match Method	Specialty	Program	State	Please give advice for future classes that are considering your specialty.
Military Match	Transitional Year	Naval Medical Center Bethesda	MD	Its a good choice if you are still unsure.
Military Match	General Surgery	Tripler Army Medical Center	Hawaii	..
Military Match	William Beaumont Army Medical Center	Transitional Year	Texas	..
Military Match	Urology	Lackland Air Force Base	Texas	Decide on Urology EARLY. Do some research, even if it's just a case report. Ask lots of questions (intelligent ones) and get as much OR time as possible.
Signed Outside of Match	Internal Medicine	Cottage Hospital Santa Barbara	California	Work as hard as you can and do as much work and help for the team as possible. In my experience, hard work and character trump knowledge on rotations!
Military Match	IM	Naval Medical Center Portsmouth	VA	Navy requires prelim intern year for certain PGY2-4 specialties (my case, anesthesia)
Military Match	Internal Medicine	Keesler Air Force Base	MS	With average scores but good statement and good LORs interviews are possible.
Military Match	Pediatrics	Portsmouth Naval Hospital	Virginia	For military match for pediatrics you need to get the most face time in at the program of your choice. Plan to rotate there in both your third and fourth years.
NMS (Ostopathic Match)	Family Medicine	Quincy/SIU Program	IL	Try and go for an unopposed program and rotate at your top choices as not all programs are created equally
NMS (Ostopathic Match)	Family Practice	Florida Hospital East Orlando	FL	If you get the chance to complete your core rotations at a site that has a residency you might want, take it! You get the advantage of really getting to know the program, and in return, the program really gets to know you.
NMS (Ostopathic Match)	transitional	Largo Medical	Florida	.
NMS (Ostopathic Match)	IM/Derm	Palm Beach Columbia	Fl	Do Research early, work hard and be kind to EVERYONE.
NMS (Ostopathic Match)	Family	Largo	FL	I really can't think of any advice. Family medicine isn't for everybody. You will know what you are meant to specialize in when you can see yourself doing it for years and not getting sick of it.
NMS (Ostopathic Match)	Emergency Medicine	Henry Ford Macomb Hospital	Michigan	Try and rotate or at least shadow at the places you are interested in for residency.
NMS (Ostopathic Match)	Emergency Medicine	Henry Ford Macomb Hospital	Michigan	...
NMS (Ostopathic Match)	Internal Medicine	Palmetto General Hospital	Florida	...
NMS (Ostopathic Match)	Emergency Medicine	NSUCOM/ MT. SINAI MEDICAL CENTER	Florida	Rotate at programs you are interested in going to.
NMS (Ostopathic Match)	OB/GYN	Good Samaritan Hospital	NY	I recommend rotating at the programs you are considering, especially if they are osteopathic. Feel free to email me if you have any questions.
NMS (Ostopathic Match)	General surgery	Botsford	Michigan	Work hard during audition rotations and demonstrate teamwork and good interpersonal skills.
NMS (Ostopathic Match)	Traditional Rotating Internship	Largo Medical Center	FL	...
NMS (Ostopathic Match)	Internal Medicine	NSUCOM/North Broward Hospital District	Florida	Rotate at the establishments that you are seriously considering doing your training at. Also, do not form an opinion of a program based on what colleagues have told you about their experiences there. Make the decision for yourself by experiencing first hand what the institution has to offer.
NMS (Ostopathic Match)	Internal Medicine	Magnolia Regional Health Center	Mississippi	None

NMS (Ostopathic Match)	Emergency Medicine	SJWS	Ohio	Make sure to do a rotation at places of interest. LOR are huge; that's all they talked about in my interviews. Work very hard and don't complain about staying after or scut work while on an elective rotation (believe me students do and then I hear residents saying bad things). Try to shadow doc 3rd year b/c can't do EM rotation till 4th year so little bit harder to know if you'll really like it. Plus it's harder to get LOR in a specialty that you can rotate in until 4th year so shadowing a doc can really help with that too.
NMS (Ostopathic Match)	IM	Mt. Sinai	Florida	For Mt Sinai specifically, I suggest you rotate with OTS during your 4th year, if possible (set up your elective months early, spots fill up fast).
NMS (Ostopathic Match)	Family Medicine	Shenandoah Valley	Virginia	Do what you love and can see yourself doing for the rest of your life.
NMS (Ostopathic Match)	Traditional Rotating Internship	Largo	FL	My intention is to do dermatology - you must show an interest early. Research is great. A strong work ethic is a must!
NMS (Ostopathic Match)	Orthopedic Surgery	OUCOM/St. Vincent Mercy	Ohio	Rotate where you want to go, work hard, and be yourself
NMS (Ostopathic Match)	Neurosurgery	PCOM/Philadelphia	Pennsylvania	Contact myself or someone else in Neurosurgical residency so you can get the inside scoop on these programs. There really is very little online information available providing program details, so you really have to rely on information from others to make informed decisions about which programs to do an elective rotation.
NMS (Ostopathic Match)	EM	Port St Lucie	FL	.
NMS (Ostopathic Match)	Traditional Rotating Internship	St. Petersburg General Hospital	FL	I changed my mind about my specialty late in 4th year. It's better to do a one year internship and reapply the following year, than get stuck at a program in a track that you don't want to be at. Work hard, be nice to everyone, and make sure you have an ice scraper if you do electives up north in the winter!
Signed Outside of Match	IM	Jersey Shore University Medical Center	NJ	Rotating at your top choices is important, but it is possible to really impress on your interview. If fellowship is your goal, concentrate on programs that either have the fellowship you want or are very closely affiliated with a larger program that does. Don't be afraid to tell a program director that you would sign a contract if it were offered to you, but be prepared to do so if they offer.
NMS (Ostopathic Match)	Dermatology	Largo Hospital - Traditional Rotating Internship	Florida	Please do a rotation at the hospital prior to applying. You will be impressed with the hospital from the medical education department being nice and efficient to the interns, residents, and staff being helpful and loving their jobs! The program director really cares about his students learning! The DERM rotation is incredible but popular so secure your spot well in advance! Good Luck! Contact me if you need any more advice!
NMS (Ostopathic Match)	Internal Medicine	Largo Medical Center	Florida	Work inpatient for your core internal medicine months; also, do internal and do specialty electives in fourth year.
NMS (Ostopathic Match)	internal medicine	Largo Medical Center	florida	Rotate at the respected hospitals where you would like to apply
NMS (Ostopathic Match)	Orthopedic Surgery	SOUTH POINTE HOSPITAL	OH	Get in touch with alumni that have matched in your respective specialty early as they likely have rotated through a number of different hospitals within the specialty and will have a lot of advice to share specific to the various programs. Work hard all month, pretty much schedule yourself to be at the hospital you are rotating at all month including late nights and weekends. Be around to help when needed and be excited about working even if it is a Sunday at midnight :). Good grades, high board scores, and good LORs also will go a long way.....

NMS (Ostopathic Match)	Internal medicine	Palmetto general hospital	Florida	Normally not as competitive as some of the other specialties and therefore most programs do not require both usml and comlex. Can be used as a very good backup.
NMS (Ostopathic Match)	Emergency Medicine	Mount Sinia	FL	Do a rotation at the site you want to put at #1
NMS (Ostopathic Match)	Otolaryngology/Fac Plastic Surgery	POH/MSUCOM	Michigan	Good grades. Good board scores. Be nice. Do well on electives
NMS (Ostopathic Match)	OB/GYN	Good Samaritan Hospital	New York	Dont take "no" for an answer
NMS (Ostopathic Match)	Family Medicine	Floyd	Georgia	If you cannot rotate for a month at a program, many (including Floyd) will allow you to shadow for a day before or after your interview. This is what I did, and I matched into the program. If you wish to practice the full scope of Family Medicine, I recommend an unopposed program.
NMS (Ostopathic Match)	Internal Medicine	Broward General	FL	.
NMS (Ostopathic Match)	Internal Medicine	NSUCOM/Mount Sinai Medical Center	Florida	Choose wisely before the government ruins health care
NMS (Ostopathic Match)	Neurology	Garden City Hospital	Michigan	Rotate at programs you are interested in and work hard while you are there!
Signed Outside of Match	Family Medicine	Arrowhead Regional Medical Center	California	If you like ER but want to know what happened to your patient, if you like procedures but don't want to be residency forever, if you love being the first to find it... Family Med is for you!
Military Match	Emergency Medicine	SAMMC	TX	Call me with specific questions.....def easiest!!
NMS (Ostopathic Match)	General Surgery	Arrowhead Regional Medical Center	California	The best thing to do is to rotate as a fourth year in the programs ur interested in. Also, take your boards early and et them out of the way. !
NMS (Ostopathic Match)	IM	Mt. Sinai Medical Center	Florida	Try to rotate at the hospital you are seroiusly considering
NMS (Ostopathic Match)	traditional rotating internship	Largo Medical Center	Fl	Show your face at the program and be yourself.
NMS (Ostopathic Match)	General Surgery	POH/MSUCOM	Michigan	Don't let people talk you out of this specialty based on rumors of a terrible lifestyle. You have to pay your dues in residency, then you can choose to work as much or as little as you want. Each program is unique so you have to call them and find out what they are looking for in applicants. Know yourself. Some programs are malignant, others are not and will encourage and support you. Try to find the program that feels like a good fit for you. Be eager to be there earlier than most and leave later than most, work hard to impress all month long on rotations, and never complain. Be a team player on elective rotations. If you are rotating in one location and can drive to other nearby locations over a weekend, call ahead and let them know that you are interested and passing through. Many will give you a tour and get you in touch with their residents so you can get a feel for their program.
Military Match	family	naval hospital pensacola	Florida	.
NMS (Ostopathic Match)	Internal Medicine	Northside IM	Florida	IM provides the great variations in practice models as well as provides a good basis for most future fellowship considerations.
NMS (Ostopathic Match)	Emergency Medicine	Good Samaritan	New York	Rotate at your TOP choice after you've already done a rotation in EM so you are familiar with the field.
NMS (Ostopathic Match)	Pediatrics	Good Samaritan	New York	Pick out your top residencies in third year and rotate there in your fourth year during the months of Aug-Jan.

NMS (Ostopathic Match)	Traditional Rotating Internship	Largo Medical Center	FL	Rotate and show interest where you want to match
NMS (Ostopathic Match)	IM	OUCOM/Grandview	Ohio	Do research, ask questions, rotate at the places where you want to go, remember that the sky is the limit--you can do almost anything!
NMS (Ostopathic Match)	IM	Midwestern/Riverside	IL	Do not stress, work hard, rotate where you want to go.
NMS (Ostopathic Match)	Pediatrics	Palms West/Columbia	FL	Always go above and beyond your responsibilities, especially during rotations you do at site(s) where you want to match.
NMS (Ostopathic Match)	ORTHOPEDIC SURGERY	OUCOM/ST VINCENT MERCY MED CTR	OH	Do well academically prior to boards. Plan on excelling on the boards as you will want great numbers. Rotate at as many programs as you think you may want to apply to as most Osteopathic programs will not consider you regardless of boards unless you visit as a student. Work very hard while on rotations - you will recover from a few months of little sleep. Be yourself - these programs will see how well you fit into the group and usually know if you are compatible or not. Overall - boards, rotate, work hard, be yourself.
Military Match	Radiation Oncology	Walter Reed Army Medical Center	Washington, D.C.	Army of One! It's never too late to sign up and serve your country!!!
NMS (Ostopathic Match)	IM/Dermatology	West Palm/Columbia	FL	...
NMS (Ostopathic Match)	Internal Medicine	Sister's Hospital--Catholic Health System	NY	1) show interest in program that you are seeking and explain why you are a good fit. 2) follow up with programs often, especially close to match. 3) if have opportunity, rotate at hospital in which you are interested in going.
NMS (Ostopathic Match)	Traditional Rotating	PCOM/ Christiana Care	Delaware	Good choice if you have a last minute change of mind in what you want to do for the rest of your life. Better to take the extra time to decide then be stuck in a specialty you may end up being unhappy with.
NMS (Ostopathic Match)	Emergency Medicine	Lehigh Valley Healthnetwork	PA	While on an elective rotation, give it your best shot!! Dont slack off, help your seniors, f/u labs & keep your attending informed. Always come up with a differential dx. If considering ER in the allopathic world, first find out if there are any DO's in the program and get in touch with them. Also, I would highly recommend taking the USMLE even if your program is DO-friendly.
NMS (Ostopathic Match)	Internal Medicine	Grandview Medical Center	Ohio	Make sure to do a visiting rotation at your number 1 program.
NMS (Ostopathic Match)	Internal Medicine	Suncoast/Largo - NSUCOM	FL	Just keep reading and it will show...
NMS (Ostopathic Match)	Emergency Medicine	Lehigh Valley Hospital	PA	...
NMS (Ostopathic Match)	Internal Medicine	Michigan State University/Kalamazoo Center for Medical Studies	Michigan	Make sure you do your fourth year electives at institutions you think you might be interested in for residency. This will greatly increase your chances of matching there and you will learn whether the program is truly a good fit for you.
Signed Outside of Match	Family Medicine	SUNY-Upstate at St. Joseph's Hospital	NY	I was looking for an unopposed family medicine program. This way I don't have to fight off other interns and residents in other programs.
NMS (Ostopathic Match)	Anesthesiology	Largo Medical Center	FL	Never underestimate your own potential, what matters is being able to show yourself at the programs you are most interested in to demonstrate your work ethic and ability to work in a team.
NMS (Ostopathic Match)	Ophthalmology	TUCOM/Valley Hospital	Nevada	Basically what everyone else said. Start early, read on free time, show interest and initiative...and NEVER settle, go for what you want and if your persistent you will get it.

NMS (Ostopathic Match)	Emergency Medicine	Henry Ford Macomb- Clinton Township	Michigan	<p>For those of you in the military, dont let anyone tell you that it is impossible to match directly into the speciality that you wish to pursue, because it can happen despite having average board scores and no prior military experience. How you perform on your rotations plays a large role during the selection process. Also, go all out in the civilian match as if you were not in the military. Apply to all programs you would want to go to, and go on as many interviews as you can. It may be costly, but dont worry about the money, because if you do end up matching civilian deferment you will be very glad your back up plan is underway. These were two mistakes I wish I could go back and change, but couldn't.</p> <p>For all applicants: be very carefully about applying to traditional year prorams if the specialty you wish to pursue is more than a total of 3 years of training. When you sign up for a traditional year the government treats it as family med and you only receive three years of funding. For example, if your dream is to pursue emergency medicine which is a 4 year program in the osteopathic world, programs will not be able to accept you because you will only have 2 more years of funding left after you complete your 1 year in traditional medicine. This leaves your 4th year of training without funding. If you do not match and you want to get into a specialty that is greater than 3 years of total training it has been suggested to try and get into a surgical residency which will secure you 5 years of funding. You can then try to get picked up your second year by the specialty you want to do.</p>
NMS (Ostopathic Match)	IM	UConn	CT	<p>Decide early if you want to apply through the DO match or the MD match, and set up electives at your top 3-4 sites. For IM, there are quite a few dually accredited programs...best of both worlds! Take into consideration whether you may want to do a fellowship after residency. If you think you do, you may want to look at IM programs that have fellowships there as well. Even if you don't plan on staying there for fellowship at least you'll be able to work with people in that field and get LORs and an inside look at what that particular fellowship is like. Good luck!</p>
Scramble	OB/GYN	Botsford Hospital/MSU	Michigan	<p>I was sent a letter and told by a program that they were going to highly rank me and I definitely had a spot there. What I learned after, is most programs tell more candidates that they are going to highly rank them than spots that they have. This guarantees them a 100 percent fill rate. Don't put all your eggs in one basket and for me I got lucky. The program I got a spot in filled, but ended up getting funding from another empty slot in the ortho program. So I ended up getting a spot there. If you have to scramble..don't get upset, stressed, it will work out for the better. I am extremely happy with the program I am going to.</p>
Scramble	Emergency Medicine / Internal Medicine (combined)	St. John - Macomb	Michigan	<p>I was informed by an EM DME that if you do not match the 1st year and do a traditional year that you will probably not match the next year as your final year will be unfunded unless you can find an open PGY-1 slot (and those are rare). So have an alternative back up plan.</p>
NRMP (Allopathic Match)	Internal Medicine	University of Miami/JMH	Fl	<p>Faith and hard work!!</p>
NRMP (Allopathic Match)	Radiology	University of Florida - Jacksonville	Florida	<p>It's not always a numbers game. Personality and PERSISTENCE really do go a long way toward getting into the specialty you want.</p>

NMS (Ostopathic Match)	Family Medicine	Carle Foundation Hospital	Illinois	If you like outpatient practice and like variety in your practice, family medicine can offer many doors. I chose this particular program because of more intensive OB,GYN,Sports,OMM programs and future Geriatrics fellowship opporutnity. Most of all, it has a friendly yet academic atmosphere among residents and faculties.
NMS (Ostopathic Match)	Internal Medicine	Palmetto General	Florida	-
NMS (Ostopathic Match)	Transitional year	Henry Ford	MI	Find something that you love to do and do what it takes to make it happen
NRMP (Allopathic Match)	Diagnostic Radiology	University of Florida - Jacksonville	Florida	-Same as above-
NRMP (Allopathic Match)	Diagnostic Radiology	Mercer University Medical Center	Georgia	Tremendous regional bias, so give a legitimate reason why you are interested in their program. In my experience, rotating at well-known, prestigious programs does not even guarantee you an interview but rotating through community programs will give you better chances. Check out AuntMinnie.com - Medical Student Forum for more information posted by Cleavland Clinic's Radiology PD (TLM).
NMS (Ostopathic Match)	TRI	Largo	FL	For D.O.'s, dermatology is a completely different game than most other fields. Focus your time, energy & finances on applying to as many osteopathic programs as you can during internship. A lot of osteopathic programs are now requiring a completed Family Medicine or Internal Medicine residency before you apply (preferably at their hospital). If this is not an option for you, research programs that accept applicants immediately upon completing internship & try to get a spot at that hospital for your TRI. Face time with the program directors & residents both during 4th year and internship is invaluable. Research, publications, and work experience in the field can all help build your resume. It's a very tough & stressful road, but if it's your passion, you should not let anyone tell you that it's impossible or to choose your backup option instead. Stay optimistic & good luck! :) PS- as an aside from derm advice, I would urge anyone who isn't firmly committed to a field to do an elective rotation as an M4 in Radiation Oncology-- I think that this is a specialty that most student doctors are clueless about because we have no exposure to it & it's a really awesome field!
NMS (Ostopathic Match),	Internal Medicine	Mt Sinai Medical Center	Florida	For Sinai, do an OTS rotation early during your 4th year. work hard and be proactive.
NMS (Ostopathic Match)	Family Medicine	Floyd	Georgia	To get the program you want, you need to do a rotation there. Not only does it allow you to strut your stuff, it lets you see if this is the place you want to be. Does it fit your personality? Do you want to be around those people for X years? These are very important questions to ask yourself because if you are miserable somewhere, how much are you really going to learn. Also, try not to be discouraged by the obstacles that get in your way, continue on your chosen path and make your mark at the program you want. If you truly fit there, you will get in, no problem!
NRMP (Allopathic Match)	OB/GYN	Bayfront Medical Center	Florida	Take the USMLE also.

NRMP (Allopathic Match)	Pediatrics	University of Florida-Jacksonville	Florida	Interview well. Your interview counts more than any of your "paperwork." And at this point, it's the single most important thing you can do; you can't go back and get an A in physiology. but you can be yourself, listen to their questions, answer thoughtfully, and emphasize your strengths. If you have something in common with the interviewer, talk about it. They want someone who they will enjoy working with for the next 3 years :) Good luck!
NRMP (Allopathic Match)	Nuc Med w/ Surg Prelim	Loyola	IL	Most people have never heard of Nuclear Medicine. If you're considering Radiology, look into this specialty as an alternative.
NRMP (Allopathic Match)	IM	Jackson Memorial Hospital	FL	Overall this is how I feel university programs rank their applicants: 1) Name of your School 2) Board Scores 3) LORs 4) Grades 5) Personal Statement 6) Extracurricular. We can't change #1, so work on 2-6.
NRMP (Allopathic Match)	IM	Jackson Memorial Hospital	FL	Rotate where you want to go and do your best there.
NRMP (Allopathic Match)	Internal Medicine	UMDNJ- New Jersey Med - Newark	NJ	Take the USMLE. For IM, look for university programs with fellowship opportunities in house and research possibilities.
NRMP (Allopathic Match)	Internal Med/Pediatrics	Albany Medical Center	NY	Primary Care- Hospitalist
NRMP (Allopathic Match)	Family Medicine	Wake Forest University	NC	I had heard, "You'll know the right spot for you when you're there". I didn't really believe it, but now I do. Yes, it definitely helps to rotate at the sites you are interested in. I found it best to be very honest with the program about everything. And I prayed a lot. Have fun and enjoy the travels of 4th year. Easy for me to say now.
NRMP (Allopathic Match)	Pediatrics	UMDNJ - Robert Wood Johnson	NJ	Work hard and be yourself! PDs want to know that you can fit in well at their program as well as handle the workload. Get to know the residents and faculty, and at the end of the day never give up on your dream. Your #1 is never out of reach.
NRMP (Allopathic Match)	Pediatrics	Miami Children's Hospital	FL	Try to do rotations at your top choices. One of my interviewers at MCH had written me a LoR...needless to say it went well :) Also try to meet with the program directors while you are rotating there...shows definite interest in the program!
NRMP (Allopathic Match)	Neurology	Cleveland Clinic Weston	FL	It's a fascinating specialty! Tough, but worth it!
NRMP (Allopathic Match)	Anesthesiology	University of Miami/ Jackson Memorial Hospital	Florida	Take USMLE, try to do a couple elective rotations in anesthesiology.
NRMP (Allopathic Match)	Internal Medicine	University of Mississippi Medical Center	Mississippi	!
NMS (Ostopathic Match)	IM	Largo	FL	---
NRMP (Allopathic Match)	Emergency Medicine	Regions Hospital	Minnesota	..
NRMP (Allopathic Match)	Internal Medicine	Medical College of Wisconsin-Milwaukee	WI	If you're looking to do residency outside of FL at an allopathic program but want the option of coming back to practice, make sure you look into Resolution 42. Sidenote, I didn't take the USMLE, so don't be discouraged in applying to allopathic programs if you've taken just the COMLEX.
NRMP (Allopathic Match)	med/peds	Penn State Hershey	Pa	Would have been beneficial to do USMLE many programs want the step 1 score to apply. That being said I matched with 5 interviews and ranking 4. Didn't rotate at any of them but had a strong 4th year in many peds areas like rads, neuro, nicu, along with IM from 3rd year and a neuro in adult med.

NRMP (Allopathic Match)	Pediatrics	University of Texas Southwestern	Austin, Texas	Don't be afraid to explore different programs outside of the state. Rotate at programs in cities that you would want to live in. Be nice to everyone, try your hardest, show initiative and you'll get what you want!
NRMP (Allopathic Match)	IM	University of Miami at JFK	FL	IM is not that competitive. I went the allopathic/combined program route due to the lack of fellowship opportunities in Osteopathic medicine. If you take anything away from this list is that do away rotations at places you want to go, because we are DO's we can be given pre-match offers which can be a real load off your shoulders. For the couples scheduling and bargaining over the match lists can be very tough, but worth it in the end, because most of the time it does work out. 1) Be likeable 2) work hard 3)impress them 4) good grades/boards, in that order.
NRMP (Allopathic Match)	Pediatrics	Baylor College of Medicine/Texas Children's Hospital	Texas	The best advise I can give is to never hold back and think you are not good enough. It is important to reach for your dreams because sometimes with hard work and determination, they come true. It is important to have great grades, board scores, and clinical evaluations, but having stellar LOR will give you the edge. If you have a chance to do research/get published it is looked upon very highly by large University based programs. Get involved in extracurricular activities, but don't just be a member, show initiative, leadership and ability to work well with others. Contact me if you need anything and Good Luck!
NRMP (Allopathic Match)	Internal Medicine	Mount Sinai Medical Center	FL	Working hard, being a team player and getting good LOR's is just as important as good grades and board scores. I did not take the USMLE and there were tons of IM allopathic programs that accepted only the COMLEX. Doing away rotations are a must, as they help the program decide if you're a good fit, and help you decide if you will be happy there as a resident. And don't forget to have fun ! :)
NMS (Ostopathic Match)	EM	CAMC	Charleston, WV	Make sure you find a program that is a good fit for you
NRMP (Allopathic Match)	Internal Medicine	USF	FL	take the USMLE
NRMP (Allopathic Match)	Anesthesiology	U Miami/Jackson Memorial Hospital	FL	You have to decide on your future specialty early, especially if it is a competitive field. It is hard to know for certain what you want to do for the rest of your life until you do it, but you have to plan electives ≥6mo in advance. Good board scores, grades, & LORs obviously help. Stay in contact with people at programs of interest.
NRMP (Allopathic Match)	Neurology	University of Illinois- Chicago	IL	Do away rotations early at institutions you would like to go to, and while there try to get letters of recommendation from the head of the department/program director. If you did not work with these individuals, make it a point to introduce yourself and try to arrange a meeting so that you have met face to face prior to your interview.
NRMP (Allopathic Match)	IM	U of I Chicago/Advocate Christ Hospital	IL	As above - rotate at places you want to end up, work hard, show initiative, be yourself, do well on boards. If you can't do a sub-I, find out about some of the attendings for subspecialty rotations. I did electives with a former PD and the Chair of Medicine who both wrote me very good LoR's. If couples matching, make sure you mention it at every interview.
NRMP (Allopathic Match)	IM	Shands Gainesville	Florida	trust your instincts, use the force and practice counting cards. consider phrenology as an alternate career path.
NRMP (Allopathic Match)	Internal Medicine	University of Chicago/Northshore	IL	,

NRMP (Allopathic Match)	Pediatrics	Emory University	Georgia	Always do your best no matter what you are doing or where you are and you will get what you want in the end
NMS (Ostopathic Match)	Emergency Medicine	LECOM/St. Vincent	PA	Thanks to Nova for not allowing us electives 3rd year, this is like many specialties where we don't get exposed to it until 4th year when we already need electives set up. Try a few shadow shifts at your core hospital to get your feet wet. Every program seemed to place added value in different things, but the usual elements of board scores, grades, LORs, interviews, and elective rotations on site are important. Don't rank a program you don't like. Work hard and don't give up on what you really want!
NRMP (Allopathic Match)	Pediatrics	Arnold Palmer Children's Hospital	FL	Adult patients suck the life out of ya ...kids keep you young!
NRMP (Allopathic Match)	Internal Medicine	Ohio State University	Ohio	-
NRMP (Allopathic Match)	Ob/Gyn	Sacred Heart/FSH	Florida	First of all don't take no for an answer. Many people told me that I was wasting my time doing an elective at this program because they had never taken a DO. However, I knew that this was a program I was extremely interested in so I went anyway, even if it was just for the experience. It turns out I impressed the right people and fit in the program perfectly and convinced them that it was truly worth taking a DO. Showing commitment to a program goes a long way. As well as good boards scores, grades and a letter of rec from an influential doc in the program
NRMP (Allopathic Match)	Internal Medicine	USF	FL	Establish contacts at the places you want to be...docs, chief residents, contacts are very important!!, establish good relations with as many people as you can at your top programs. Good Luck!!
NMS (Ostopathic Match)	Internal Medicine	Palmetto General Hospital	FL	When applying to D.O. IM residencies, do away rotations.

NRMP (Allopathic Match)	Emergency Medicine	Synergy Medical Education Alliance	Michigan	If you are considering the allopathic EM residencies, definitely take the USMLE Step tests since all of the other competitive DO applicants will be doing the same and it allows programs to more easily compare you to MD applicants. Apply/Interview broadly and rank as many programs as you can. Try to keep November, December, and/or January light rotation-wise (especially if you are applying to Osteopathic programs as well) if possible so that you can attend interviews. Look at the "Charting Outcomes" document to get an idea of the mean USMLE scores, # of programs ranked, research experiences, etc of candidates who matched (e.g., people who matched EM last year typically were able to rank at least 10 programs). If possible, stay later after your interview to shadow a resident in the ER (may want to request this before interview day so they can accommodate you) or come back for a second look visit at a later date if that's feasible. Ask DO residents and program directors at allopathic programs how their program handles resolution 42 (for those who wish to practice in Florida, Michigan, Pennsylvania, and few other states). Take notes after interview day since you are going to forget specifics later when creating a rank list. Get an iPhone or some device that alerts you as soon as you get an email so that you can call programs offering interviews as soon as possible (programs send out offers to many ppl with only a certain number of days available so the sooner you respond the more options you have). Send follow-up correspondence to programs after interviews to thank them, explain what you liked about them, etc. If you have any other questions, just email me.
NRMP (Allopathic Match)	Emergency Medicine	Geisinger Health System	PA	Since Nova does not give us an advisor or very much direction, your best resource are people in the classes above you. I didn't take the USMLE and didn't run into too much trouble with that. Impressing attendings and getting along with residents is by far the most important part of securing a residency. Good Luck :)
NRMP (Allopathic Match)	Emergency Medicine	U Florida - Jacksonville	Florida	Take USMLE 1 & 2 if you want a competitive allopathic consideration. Stay focused on your goals, work hard, and don't get discouraged. The best thing you can do for yourself is be organized and proactive.
NRMP (Allopathic Match)	Family Medicine	Northridge Hospital Medical Center- UCLA	California	Rotate where you want to go and no matter how much a program talks you up, don't believe anything until you see it in writing.
NRMP (Allopathic Match)	General Surgery	Vanderbilt University	Tennessee	Know when your efforts count: Be willing to work as hard as possible when it counts, and conserve your energy when it doesn't.
NRMP (Allopathic Match)	Med-Peds!	USF	Florida	If you've gotten an interview, they already liked what they saw about you - so relax during your interview, be personable, be yourself, and get to know the program and residents the best you can!
NRMP (Allopathic Match)	Internal Medicine	University of Miami/JMH	Florida	Do a sub-I at the place you want to go to, work hard, get a LOR from the attending and if your residents liked you, get them to email the program director. USMLE is not required but made it easier for allopathic doctors writing me a letter to understand what type of candidate I was.

NRMP (Allopathic Match)	Pediatrics	USF- All Children's/Tampa General	FL	Most has been said already...Try to do rotations at the programs you are most interested in early in the season. Also, try and meet the program director while working in the hospital rather than meeting them at your interview. One of the best things you can do is be yourself and see if you fit in. It is also helpful to get a letter of recommendation from an attending at the program you are interested...it always helps to hear from an inside perspective. Best of luck to you all!!
NRMP (Allopathic Match)	PMR	Rush University	Chicago, Illinois	Rotate at your top choice.
NRMP (Allopathic Match)	Pediatrics	Advocate Lutheran General Children's Hospital	IL	Same as everyone else. The one thing that has not been said I think would be to take the USMLE if you can. It can't hurt you. If you don't do well on it, you do not have to report your score if applying for allopathic programs. If you don't report it, it's as if you never sat for it. However if you do well, it will definitely help. With that said, do well on your boards, be friendly with EVERYONE, take the initiative to bring up a case report on rounds, be inquisitive, and most of all: travel and have fun during 4th year. You'll never again get months off at a time to vacation!!!! Take advantage of this awesome opportunity.
NRMP (Allopathic Match)	Psychiatry	Wright State University Boonshoft School of Medicine	OH	Wright State emphasizes psychotherapy training, so if you are interested in learning how to do therapy well and not just med management and research, Wright State is very strong in this area. Most programs no longer emphasize psychotherapy.
NMS (Ostopathic Match)	traditional rotating internship	Largo	FL	..
NRMP (Allopathic Match)	Pediatrics	USF	FL	regardless of specialty, don't be an ass-kisser. no one likes it, and most see right through it.
NRMP (Allopathic Match)	Internal Medicine	University of Mississippi Medical Center	Mississippi	If you think it is in your top 3, go and do a rotation.
NMS (Ostopathic Match)	Emergency Medicine	St. John Health System Macomb-Oakland	MI	Make sure you get LOR writers to use the SLOR form from CORDEM website when you do away ED rotations. Make sure you rotate at program, they really want to see how you can work with them.
NRMP (Allopathic Match)	Anesthesiology	Tufts Baystate Medical Center	MA	Take USMLE Step 1 and 2, apply widely, do not be a gunner, anesthesiologists are laid back, help out the residents, make sure you get to work with the program directors directly or else it is a waste of an audition rotation, be frank with the PD and inform them of your interest in the program, choose your rotations wisely, enjoy 4th year, make time for interviews, be yourself, and Don't be afraid to pass gas freely!!
NRMP (Allopathic Match)	Physical Medicine and Rehabilitation	University of Miami/Jackson Memorial	Florida	Do an elective rotation in the field early to get a LOR. Taking USMLE step 2 will help, but is not required.
NRMP (Allopathic Match)	Internal Medicine	UMass	MA	Always be eager to learn, humble, and work hard/well with others. When I was on interviews I found the most important aspects of my application were: doing well on USMLE Step 1 and Step 2, research (even if your not published yet), and GREAT letters of rec. I cant stress the later one enough. Believe in yourself, take control of your education, and shoot for your dreams. If you need anything, contact me. Goodluck!
NRMP (Allopathic Match)	Internal Medicine	UT Memphis	Tennessee	Be confident and persistent. Build relationships with the faculty if you are doing elective at an institution. Stay in contact with programs that you are really interested in.
NRMP (Allopathic Match)	Physical Medicine and Rehabilitation	Rush	Illinois	No matter how "easy" a specialty might be considered in regards to gaining admission, apply to as many schools as your finances allow. The best advise I received is that you can't create interviews that aren't offered, but you can always decline interviews that are. Better to have as many options as possible. Everything works out in the end!!
NRMP (Allopathic Match)	Psychiatry	SUNY Buffalo	New York	Look for a program that strikes a good balance between psycho-pharmacology and psychotherapy.