



Minority Ophthalmology Mentoring Program

The Road to an Ophthalmology Residency

Medical School Years 1 and 2

- Shadow an ophthalmologist – a way to get to know an ophthalmologist who may become a mentor
- Find out what ophthalmology curriculum is offered at your school and make sure you take advantage of them
- Participate in research opportunities and community projects, ideally in leadership positions. An ideal time to participate in research is during the summer break between MS1 and MS2 years if your school curriculum offers one. Search the research listing from MOM to identify potential opportunities.
- Build relationships with faculty and physicians that will lead to valued mentorship and strong letters of recommendation
- Prepare for and take the United States Medical Licensing Examination (USMLE) Step 1 exam – use the prep course the MOM program offers
- Prepare your CV
- Meet with your local ophthalmology medical school educator and/or ophthalmology program director

Medical School Year 3

- Begin familiarizing yourself with different ophthalmology residency programs
- August – February
 - Update your CV
 - Begin requesting letters of recommendation
 - Meet with your advisors
 - Start to narrow down ophthalmology residency programs
 - If you are interested in away ophthalmology electives, start to investigate how to do Visiting Student Application Service (VSAS)/away rotation requirements
 - Meet with your faculty advisor to discuss a backup plan
- March – July
 - For both SF Match and National Resident Matching Program (NRMP):
 - Craft your personal statements – get advice from others on your personal statement -everyone needs an editor
 - Collect your letters of recommendation
 - Early June
 - SF Match registration opens; work on electronic Central Application Service (CAS) application, request transcripts and United States Medical Licensing Examination (USMLE) score reports for CAS
 - Electronic Residency Application Service (ERAS) opens; work on ERAS application

Medical School Year 4

- Mid-August
 - Target date to submit the Central Application Service (CAS) application through SF Match
- September
 - Various program submission deadlines; interview invitations will start to come at the end of September
 - Begin to apply to residency programs via Electronic Residency Application Service (ERAS); target date for letters of recommendation, National Residency Matching Program (NRMP)
 - Make a spreadsheet of all the programs to which you are applying and the dates on which they offer interviews, so you are ready to accept an interview on the spur of the moment
 - Conduct practice interviews
- October - December
 - Interviews
- January - March
 - SFMatch rank list submission due in early January; match results released in mid-January
 - NRMP rank order list due in January; match results released in March
 - Post-Match Supplemental Offer and Acceptance Program (SOAP) for unmatched applicants available in mid-March

For references to application deadlines:

SFMatch: <https://sfmatch.org/MatchCalendar.aspx>

ERAS: <https://students-residents.aamc.org/applying-residency/article/eras-timeline-md-residency/>