

Building Your Program List for Residency Application

Class of 2027 – Class Meeting No. 2



Pritzker School
of Medicine

June 17, 2026



Updates

- Pritzker Chiefs – Class Updates
 - Upperclassmen Lunch with New MS1s – Friday, Aug. 7, 12-1 p.m.
 - Social Rounds
- Welcome new PMAP leaders

SOCIAL ROUNDS

needs YOU!

- 5-7 leaders
- Do not need to present each week (make a schedule)
- Decide what's for dinner each week!
- Shop for Beverages!
- Invite faculty to participate weekly
- Theme weeks
- Holiday Social Rounds - FOOD!
- Enjoy Fridays after a long week!
- Work on the class gift.
- Work on the Match Day shirt



Cheers!

GOOD
TIMES

FUN!



PEER MENTORSHIP AT PRITZKER



ALESSANDRA
MERINO GOMEZ



LINDA CHEN



ALICE BAI



CLAUDIA
COVELLI VELEZ



Feel free to reach out to PMAP
with
suggestions!
questions/concerns/
pritzkermentorship@gmail.com

PMAP – MS4 Mentor List

- Sign up here:



Updates

- Pritzker Chiefs – Class Updates
- Welcome new PMAP leaders
- Tyler
 - MSPE Meetings
 - CVs
 - Office Hours – Starting next week!
 - ERAS tokens + Thalamus
 - Calendar invites for class meetings?

Internal Medicine Update

- **New Chair Letter process (outlined in 5/26 email)**
 - Request Chair Letter via REDCap form (wait until after 6/18)
 - Designated group of Chair Letter writers; your choice from this group or assigned if no preference
 - Your Chair Letter author will also be your **Specialty Advisor**
 - Prelim Medicine applicants do NOT need a Chair Letter
- **Applying to Internal Medicine Meeting**
 - **June 18 at 5:00 p.m. in L316** or on Zoom
 - Review of new Chair Letter process
 - Guidance for categorical IM application

Overview

- Review of Meeting No. 1
- Current Landscape of Residency Application
- Goals of Your Program List
- Basics of Your Program List
- Competitiveness
- Program List Resources

Class Meeting No. 1 Review

Timeline Review: July - August

July – August

Take Step 2 by July 1

Second meeting with Dr. Fromme to review MSPE letter

Ask for Letters of Recommendation

Write your Personal Statement

- Send to Career Advisor for feedback

Edit your application to near completion

**This timeline is designed for students applying in the regular match*

Timeline Review: August – Early Sept.

August – early Sept

MSPE review

Continue to edit and finalize Personal Statement

Finish and carefully review application

LORs uploaded (aim for Sept. 11)

Late August

Submit Ophthalmology applications (SF Match)
(Before 9/1)

Timeline Review: Sept. 2 - 23

- September 2** Beginning of three-week period in which you can certify and submit your ERAS or ResidencyCAS application
(Programs will not receive applications before 9/23; ResidencyCAS begins review Oct. 1)
- September 15** NRMP Main Match registration opens
You must register for both ERAS or ResidencyCAS
AND the NRMP - Register **by Dec. 1**
- September 17** Due date for ResidencyCAS applications
- September 23** Programs begin receiving applications and MSPEs

Timeline Review: October - January

Oct. – Jan.	Residency interviews
Late December	Urology rank list deadline
January 14	Ophthalmology rank list deadline
January 31	NRMP standard registration deadline

****PSOM applicants should register by Dec.1****

LORs: How many letters do I need?

Categorical Programs: 3-4 total letters

- 3 clinical letters
- 1 research letter (if appropriate)

Note: You cannot submit more than 4 letters to a single program.

Advanced Programs: 6-7 total letters

- Prelim/Transitional Year: 3 clinical letters
- Advanced Program: 3 clinical letters
1 research letter (if appropriate)

*Note: While letter writers can use the same letter for both applications, as long as they are generic in their specialty recommendation, **we recommend they submit separate letters** indicating “Prelim/TY” recommendation and specialty recommendation.*

LORs: Do I need a Chair's letter?

- Medicine*
- Medicine-Pediatrics*
- Preliminary Medicine*
- Neurosurgery
- Obstetrics and Gynecology
- Orthopedic Surgery (some programs)
- Otolaryngology (Section Chief)
- Pediatrics (some programs)*
- Plastic Surgery (Section Chief)
- Surgery
- Urology (Section Chief)

**Another faculty member writes the letter in conjunction with the Chair.*

Emergency Medicine, Neurosurgery, Ob/Gyn, and Physical Medicine and Rehabilitation utilize a “Standardized Letter of Evaluation” (SLOE), and **Orthopaedic Surgery** has an optional (but encouraged) standard letter. This year, **Urology, Dermatology, and Plastic Surgery** are piloting use of a SLOE through ERAS’ letter portal. Check with your program for their requirements + the department here for procedures.

If you are applying in **both Preliminary Medicine and Transitional Programs**, you could use the letters for both if they are generic in specialty.

The Current Landscape of Residency Application

The Current Landscape

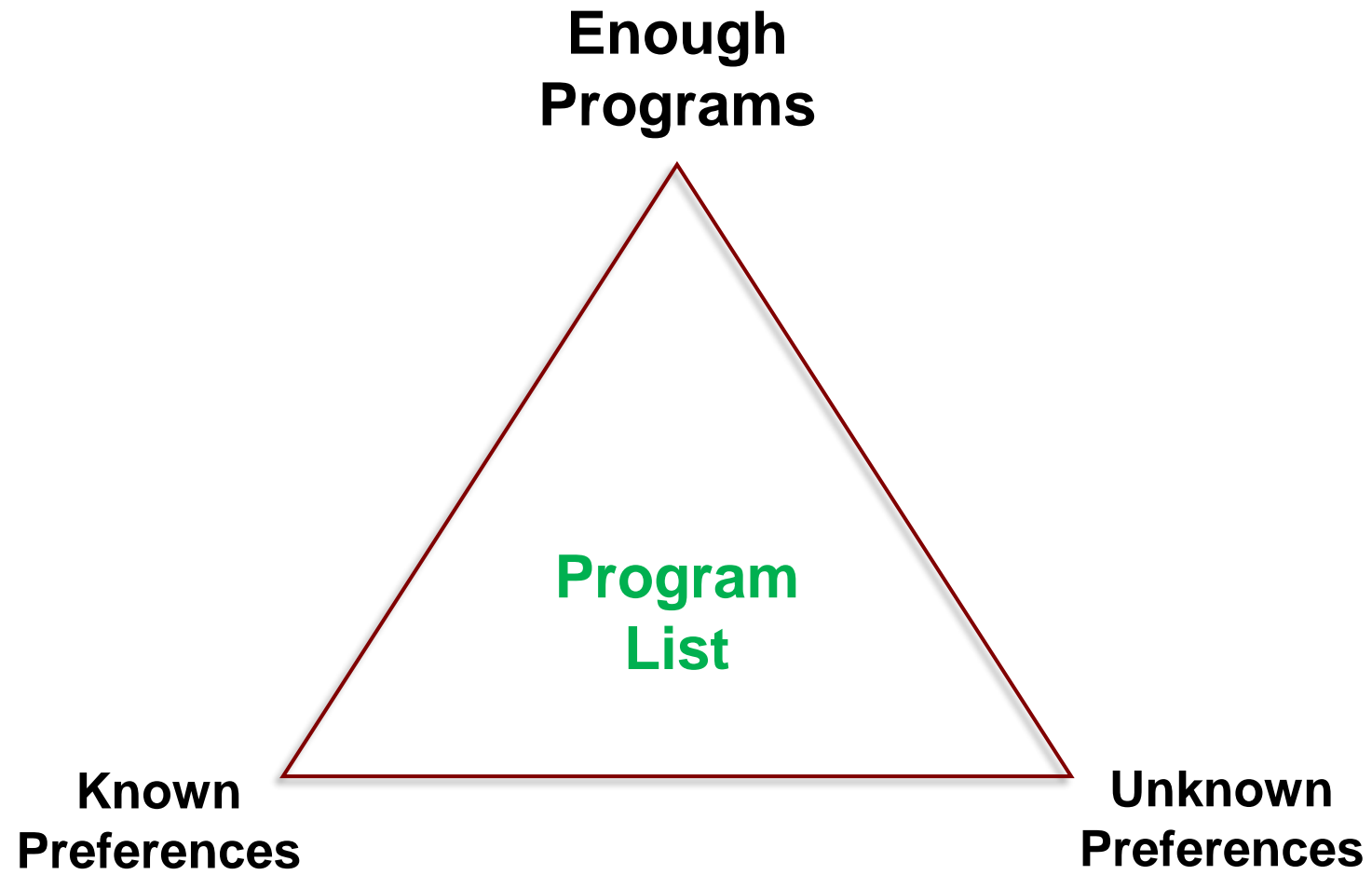
- More available data than ever + more resources
- Many factors to consider in how to build a program list
- Program signals have shifted application dynamics and continue to year-to-year
- “Competitiveness” is harder to pinpoint

Goals of your Program List

- **Attain maximum number of interviews*** to ensure a rank list long enough to match
 - Diversification of overall list + appropriate use of program signals

**Within reason; it is OK in some cases to decline interviews or cancel if you have more than you need; consult with your Career Advisor*

- **Define your **known** preferences:**
 - Location/geography
 - Program type (academic vs. community)
 - Training opportunities
 - Other (research, specific population work, etc.)
- **Explore your **unknown** preferences:**
 - Resident culture / fit
 - Program size, structure, and benefits/policies



The Basics

To what kinds of programs should I apply?

- Categorical vs. Advanced
 - Some specialties have both
- Preliminary Medicine & Transitional Year (for Advanced)

To how many programs should I apply?

- Varies by specialty (see next slide) and applicant
- Consider # of program signals
- Application competitiveness
- Risk tolerance
- Couples match

Program List Length – By Specialty

Specialty	# of Program Signals	Recommended for *Average* Applicant
Anesthesiology	5 Gold, 10 Silver	20-30
Dermatology	3 Gold, 25 Silver	28
Diagnostic Radiology	6 Gold, 9 Silver	25-35
Emergency Medicine	5	20-30
Family Medicine	5	15-20
Internal Medicine	3 Gold, 12 Silver	20-25
Internal Medicine-Pediatrics	N/A	20-30
Interventional Radiology	8	25-35
Neurological Surgery	25	25-35
Neurology	8	25-35
Obstetrics & Gynecology	3 Gold, 15 Silver	30-40
Ophthalmology	15	45-60
Orthopaedic Surgery	30	30
Otolaryngology - Head and Neck Surgery	25	25-30
Pathology	5	20-30
Pediatrics	5	20
Physical Medicine & Rehabilitation	20	20-30
Plastic Surgery	20	20-30
Psychiatry	10	30
Radiation Oncology	4	20-25
Surgery - General	15	40-45
Urology	30	30-40

Program List Length - By Program Signals

- Number of signals *sometimes* helps determine program list length

Interview Rate - Did Not Send Signal (MD Applicants, 2026 ERAS cycle)



EM: 41.2% interview rate without signal in 2025 cycle; no data available for 2026

Competitiveness

Factors to consider

- Clerkship grades
 - Overall / totality
 - Most relevant clerkship to specialty
 - Honors vs. High Pass
 - High Pass = More diversity required
- Step Exams
 - Step 1 attempts
 - Step 2 score (*some* specialties)

Competitiveness

Factors to consider (cont.)

- Letters of recommendation
- Research/scholarly output
- Demonstrated commitment to specialty

Competitiveness

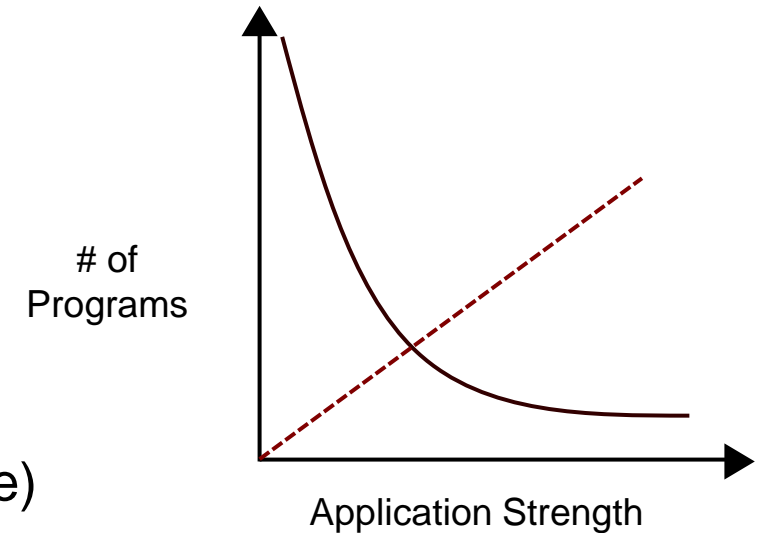
Being honest with yourself

- Aspirational mindset is OK but must be balanced with pragmatism; the “shoot your shot” mentality is **risky** if overplayed
- The stakes are too high re: getting sufficient interviews to overreach on “Dream” programs
- Why are your “Dream” programs your dream programs?
 - Reputation/prestige vs. training opportunity
 - Fit

Competitiveness

Diversification

- Program types & number of programs
 - Academic vs. community
 - Reach/Dream vs. Target vs. Safety
 - Stronger application = fewer total programs (maybe)
 - Competitive deficiencies = more total programs (maybe)
- Program Signals
 - *Critically important to get these right*
 - Balance Reach/Dream, Target, and safety (if needed)
 - **Remember:** a signal can only do so much to make up for an application deficiency and sometimes cannot



Program Signal Diversification

- **Small Signal Specialties** (2-15 signals)
 - Focus most on your **top preferences** that are targets, maybe one reach; these are your most likely interviews, so you want a good yield.
 - You should be able to secure interviews from non-sigaled programs too.
 - 15 (General Surgery) gives you a little more room to diversify program types
- **Large Signal Specialties** (20-30 signals)
 - Leeway to go beyond top preferences and include more reaches but strike the right balance. You are likely to only get interview offers from this group.
- **Tiered Signal Specialties** (Gold/Silver)
 - Golds are your strongest chance at an interview; risky to use these on only reaches or top programs – you don't want to go 0-for-3 or 0-for-5 with these signals
 - Silvers require balance too, as these build out your slate of interviews

Program Signal Diversification

Top 20

Example 1

- **Internal Medicine applicant**
 - HP in Medicine; 2 H, 3 HP overall; Step 2 in mid 240s
 - **Gold:** 3/3 to 'Top 20' programs **Silver:** 9 to 'Top 20', 3 outside 'Top 20'
 - **Outcome:** 0 Gold interviews, 4 Silver interviews (2 'Top 20')
- 4 total interviews

Poor overall
diversity

Low overall yield

Example 2

- **Internal Medicine applicant**
 - HP in Medicine; 1 H, 4 HP overall, Step 2 in mid 240s
 - **Gold:** 2/3 outside 'Top 20,' 1 'Top 20' **Silver:** 12/12 outside 'Top 20'
 - **Outcome:** 2 Gold interviews (1 'Top 20'), 7 Silver interviews, 2 non-signalized interviews at community programs
- 11 total interviews

Great overall
diversity

Great overall yield

Non-
Top 20

Program Signal Diversification

Example 3

- **Anesthesiology applicant**
 - All HP in clerkships, 'Excellent' designator; Step 2 in low 250s
 - **Gold:** 1 'Top 20,' 4 outside 'Top 20' **Silver:** 1 'Top 20', 9 outside 'Top 20'
 - **Outcome:** 4 Gold interviews, 5 Silver interviews (none in 'Top 20')

9 total interviews

Good overall diversity
↓
Good overall yield

Example 4

- **Anesthesiology applicant**
 - All HP in clerkships, 'Excellent' designator; Step 2 in low 240s
 - **Gold:** 3 'Top 20,' 2 outside 'Top 20' **Silver:** 1 top 20, 9 outside 'Top 20'
 - **Outcome:** 1 Gold interview, 4 silver interviews (none in 'Top 20')

5 total interviews

Gold overreach
Good Silver diversity
↓
Low Gold yield
Good Silver yield
← Low overall yield

Program Signal Diversification

Take a reasoned approach; one way to think about it:

DINNER PARTY: Don't Invite Only Celebrities

RISKY APPROACH
Invite only celebrities.
They might not come.



You could end up with an empty table.

SMART APPROACH
Invite a mix of guests.
Most will say yes!



A full table means more conversations (more interviews).

-  A few celebrities (top tier programs)
Long shots, high prestige
-  Many good guests (target programs)
Great fit, realistic chance
-  Reliable guests (safety programs)
Very likely to come

 **GOAL: A full table, not just famous names.**

Competitiveness

What data can help?

- Step 2 score (range & median)
- Overall interview rate
- Interview rate for signal vs. no signal & gold vs. silver
- Geographic preference alignment

You vs. program

- How do your metrics stack up against the program's averages?



**Residency Explorer
Tool**

Utilizing Your Advisors

- Career Advisor
 - Overall list length & diversity
- Specialty Advisor
 - Specific programs & program types
 - Competitive alignment with programs

Program List Resources

Your
Preferences

Your Preferences

Resource

AAMC Residency Preference Exercise

What are YOU looking for in a program?



Fit with program

- Program philosophy
- Diversity of training experiences
- Resident support and policies



Geographic preference

- Region
- Setting (urban vs. suburban vs. rural)
- Support network
- Lifestyle & family plans



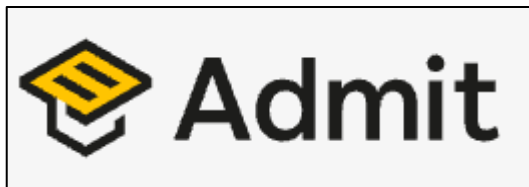
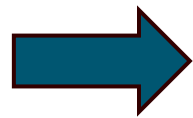
Research opportunities/support



Professional interests & opportunities

- Fellowship opportunities
- Career development
- Policy work
- Additional training

Program List Resources





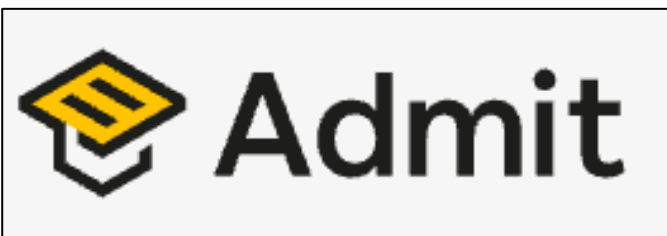
Disclaimers

- *External* resource, not transparent about source of data
- A good starting point for your list

residency.admit.org

- Program Rankings
- Program & Signal Statistics
- ***Program List Builder***
 - Again, the list this tool produces is a good *starting point* for your list
 - Generates Reach, Target, and Baseline programs
 - May identify programs you had not considered

This tool should be used in conjunction with other resources and your advisors!



Program List Builder

- Specialty specific
- Utilizes 17-question survey to generate a list
 - Broader responses = broader list
- Suggests program signal use
- This list is not gospel, and there is nuance to each applicant's circumstances!

Your results are nearly ready...
Let's make some final changes together to make sure your list is perfect!

Reach Target Baseline

Search programs... Reset list 10 / 10 Add Programs

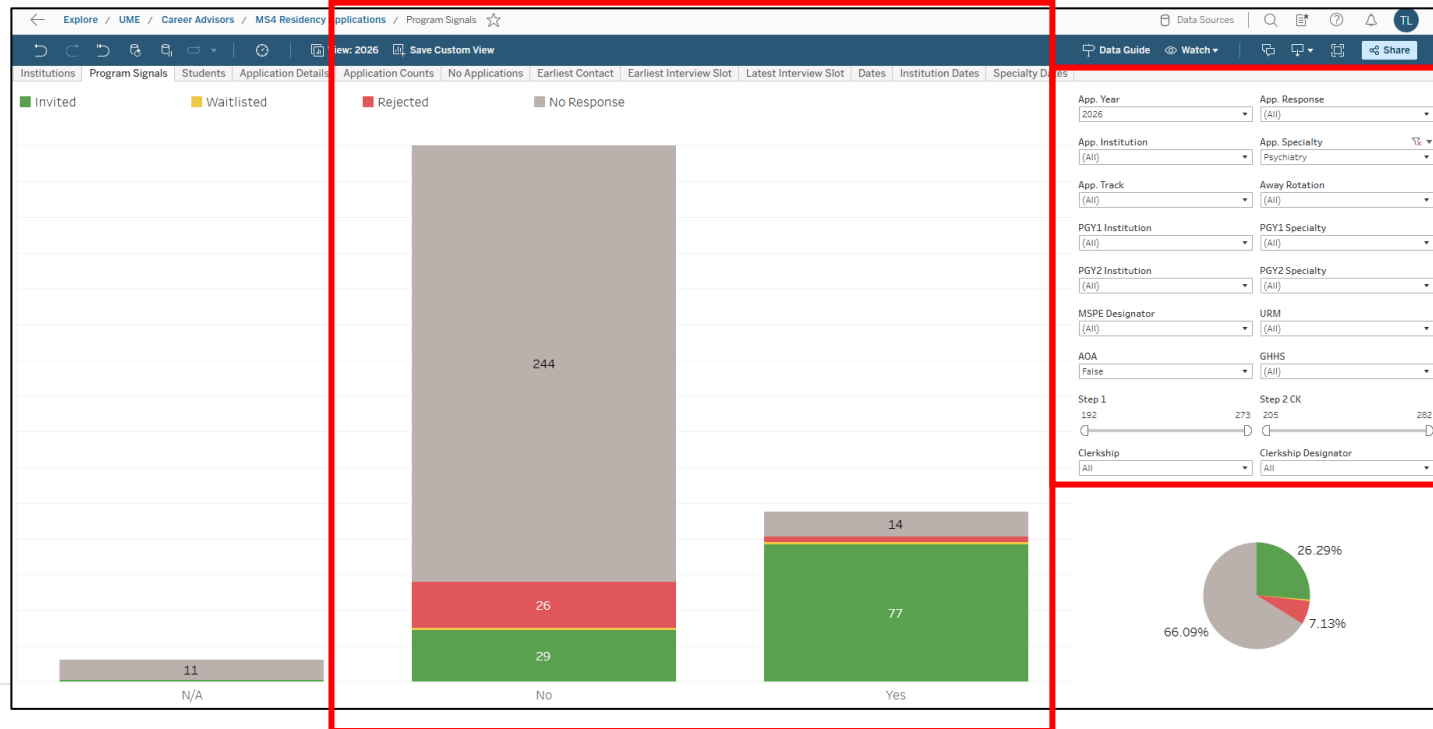
Rank	Program Name	Location	Step 2	Yes Signal	No Signal	Signal
#59	UChicago	Chicago, IL	248	28% 7.0x	4%	Yes
#61	University of Illinois (Chicago)	Chicago, IL	249	36%	0%	Yes
#132	Loyola	Maywood, IL	246	40% 40.0x	1%	Yes
#34	Zucker Hofstra (Northwell at Zucker Hillside)	Glen Oaks, NY	250	24% 3.0x	8%	Yes
#53	SUNY Downstate	Brooklyn, NY	246	32% 8.0x	4%	Yes
#103	Family Health Centers at NYU Langone	Brooklyn, NY	249	31% 10.3x	3%	
#42	Icahn at Mount Sinai (Morningside/West)	New York, NY	250	45% 45.0x	1%	
#68	University of Rochester	Rochester, NY	251	51% 10.2x	5%	
#105	University at Buffalo	Buffalo, NY	243	44% 11.0x	4%	
#134	Jersey Shore University	Neptune, NJ	242	55% 18.3x	3%	
#101	Rutgers (RW Johnson)	Piscataway, NJ	247	50% 12.5x	4%	
#120	Ocean University Med Ctr	Brick, NJ	242	32% 5.3x	6%	
#150	Cooper University (Rowan)	Camden, NJ	239	42% 42.0x	1%	
#90	UC Irvine	Orange, CA	249	39% 7.8x	5%	
#56	UCLA (Olive View)	Sylmar, CA	252	53% 26.5x	2%	
#58	UCLA	Los Angeles, CA				

Program List Resources



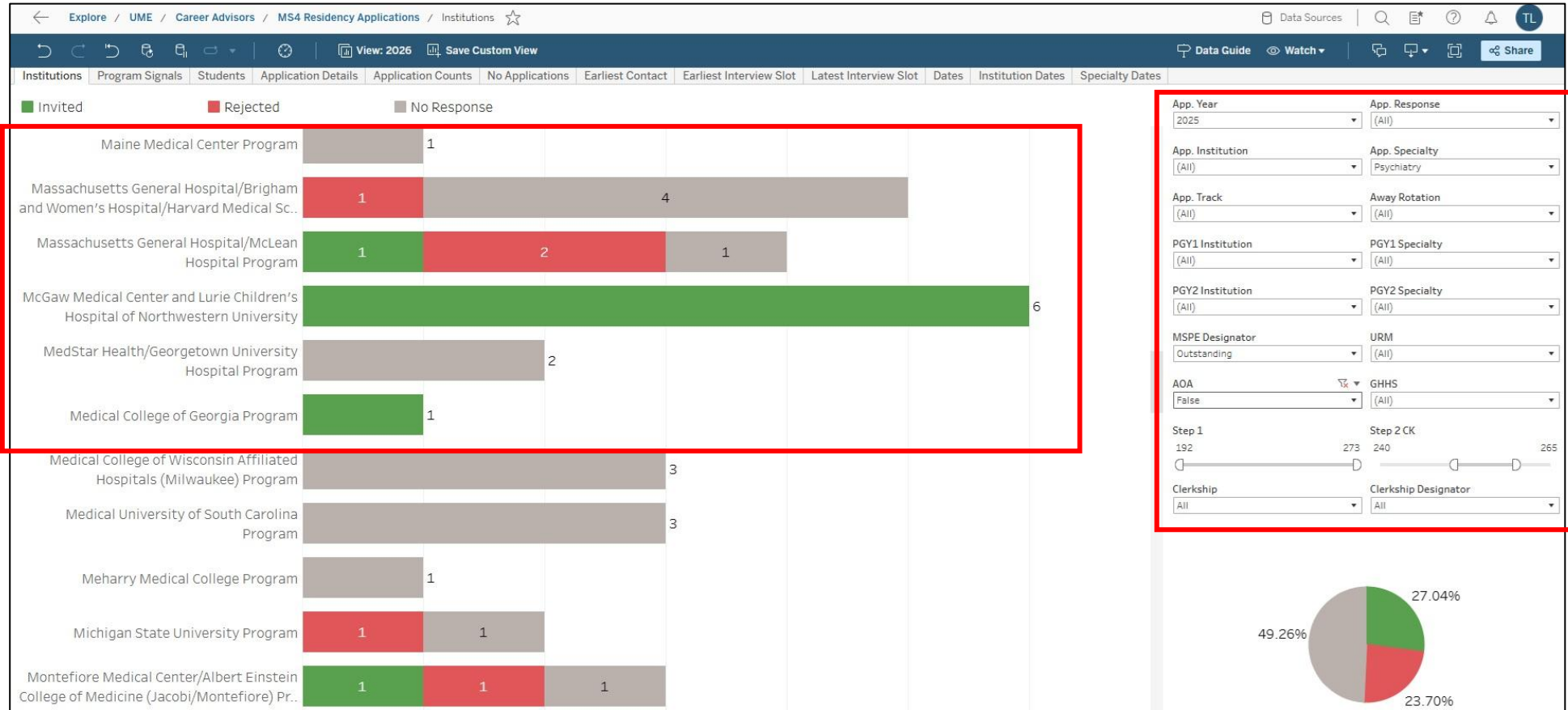
Pritzker Database

- Must use with your Career Advisor (not freely accessible)
- Provides Pritzker-specific context/data, including limited* program signaling data
- As with other resources, this is not gospel, and the nuance of each applicant's circumstances must be considered



*2 years of available data

Pritzker Database



Program List Resources



Residency Explorer™ Tool

- Built with data from AAMC, ACGME, AMA, NRMP, NBME, and more
 - Did not include ResidencyCAS (Ob-Gyn) or SF Match (Ophthalmology) data in 2026 cycle; may not include EM (ResidencyCAS) in 2027 cycle
- Allows you to set your preferences in “My Profile” to see how what you are looking for aligns with what programs offer
- “Explore” feature offers in depth review of individual programs across eight categories
- “Compare” feature allows you to build lists and compare across 10 different categories of characteristics (with many characteristics in each category)

Residency Explorer™ Tool

Residency Explorer™ Tool

Home

My Profile

Explore

Compare

Logout

About Data Help FAQ

Change Specialty: Anesthesiology

Go

My Profile

- Select the residency program characteristics and offerings that are important to your residency training. **All selections are optional.**
- No programs will be removed** based on your selections. Your selections will allow you to explore how programs align with your career interests and personal needs.

Program Characteristics

Please select any characteristic or enter a desired minimum or maximum value for any characteristic that is important to you. All fields are optional.

Accredited Training Length (years)

Min	<input type="text"/>	Max	<input type="text"/>
-----	----------------------	-----	----------------------

Osteopathic Recognition

Yes

Total Residents in Program

Min	<input type="text"/>	Max	<input type="text"/>
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Total Residents in Entering Cohort

Min	<input type="text"/>	Max	<input type="text"/>
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Save

Educational and Research Opportunities

Employment Benefits

Practice Environment

Resident Demographics and Background, All Training Years

Completed Resident Career Plans

Residency Explorer™ Tool

Residency Explorer™ Tool

- Home
- My Profile
- Explore**
- University of Chicago Program
 - Program Accreditation, Setting & Current Residents by Year
 - Eligibility & Application Details
 - How My Profile Selections Align with this Program**
 - Application Trends and Selectivity
 - Applicants Invited to Interview
 - Resident Demographics and Background, All Training Years
 - Resident Medical School Background
 - Resident Career Plans**
- Compare

[About](#)
[Data](#)
[Help](#)
[FAQ](#)

Change Program: Anesthesiology

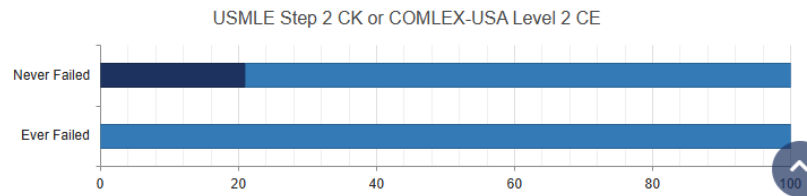
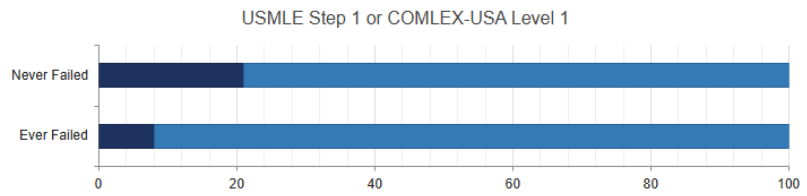
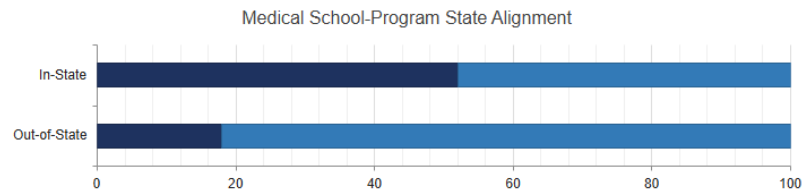
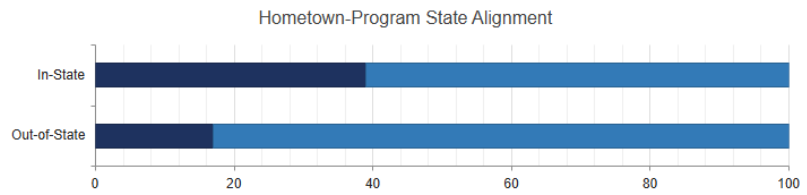
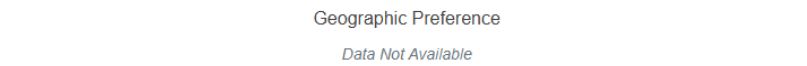
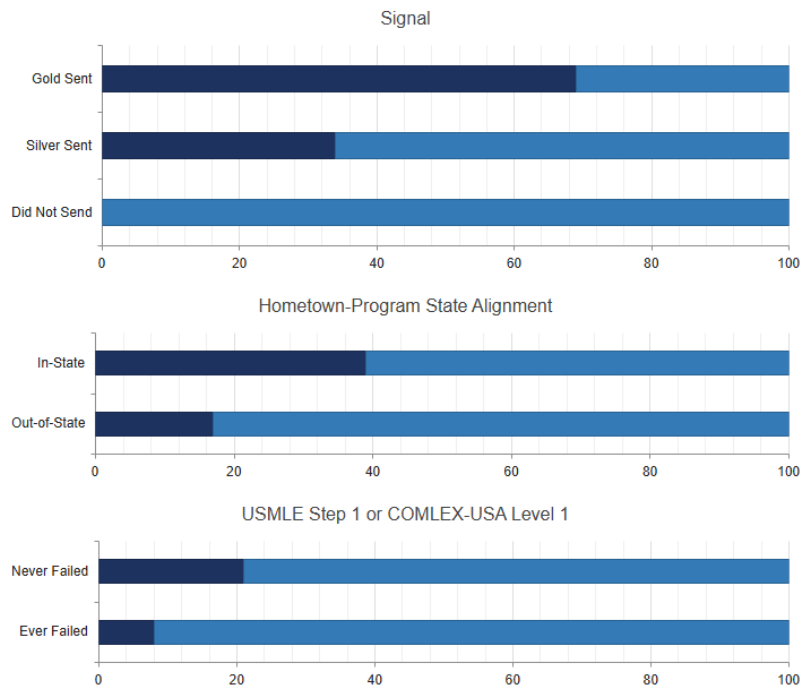
2025 Interview Rates by Applicant Characteristic

How to Interpret Bar Charts

Bar charts show the percentage of applicants within a category who were invited to interview and who were not invited to interview. Bars based on fewer than 10 applicants have a crisscross pattern and may not generalize to future cycles.

For example, in the Signal bar chart, the "Sent" bar shows the percentage of applicants who were invited to interview among those that sent a signal (darker blue area), and the percentage of applicants who were not invited to interview among those that sent a signal (lighter blue area).

To view the composition of total applicants who applied and who were invited to interview, [click here](#).



Residency Explorer™ Tool

Residency Explorer™ Tool

- Home
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- Compare**
- Logout

[About](#) [Data](#) [Help](#) [FAQ](#)

Change Specialty:

of applications submitted to the program in 2025 cycle
 % of applicants invited to interview by the program in 2025 cycle
 # of positions offered by this program in the 2025 Main Residency Match
 # of positions filled by this program in the 2025 Main Residency Match

Applicants Invited to Interview

Select All Clear All

Interview Invitation Rates

- Interview invitation rates by signaling (i.e., signal, no signal)
- Interview invitation rates by geographic preference (i.e., aligned, not aligned, no preference)
- Interview invitation rates by medical school-program state alignment (i.e., in state, out of state)
- Interview invitation rates by hometown-program state alignment (i.e., in state, out of state)
- Interview invitation rates by USMLE Step 1/ COMLEX-USA Level 1 (i.e., ever failed, never failed)
- Interview invitation rates by USMLE Step 2CK/ COMLEX-USA Level 2CE (i.e., ever failed, never failed)
- Interview invitation rates by applicant type (i.e., MD, DO, US-IMG, Non-US IMG)

License Exam Score Ranges

- Middle 80% of USMLE Step 2 CK Scores for All Applicants Invited
- Middle 80% of USMLE Step 2 CK Scores for MD Applicants Invited
- Middle 80% of USMLE Step 2 CK Scores for DO Applicants Invited
- Middle 80% of USMLE Step 2 CK Scores for US-IMG Applicants Invited
- Middle 80% of USMLE Step 2 CK Scores for Non-US IMG Applicants Invited
- Middle 80% of COMLEX-USA Level 2 CE Scores for DO Applicants Invited

Composition of Applicants who Applied and who were Invited to Interview

Select All Clear All

Composition of Applicants who Applied

- Composition of applicants by signaling (i.e., signal, no signal)
- Composition of applicants by geographic preference (i.e., aligned, not aligned, no preference)
- Composition of applicants by medical school-program state alignment (i.e., in state, out of state)

Employment Benefits

Select All Clear All

- Entering year salary
- Entering year paid sick days
- Entering year paid vacation days
- # of paid days for Family/Medical Leave
- # of unpaid days for Family/Medical Leave
- Free parking
- Housing stipend
- Moving allowance
- On-call meal allowance
- On-site childcare
- Part-time/shared schedule positions
- Placement assistance upon program completions in practice, fellowship, or academia
- Subsidized childcare
- Tablets or technology allowance

Resident Demographics and Background

Select All Clear All

- % of residents who were US MD graduates
- % of residents who were US DO graduates
- % of residents who were US-IMG
- % of residents who were Non-US IMG
- # of residents who graduated from an MD-PhD program
- % of residents who identified as American Indian or Alaskan Native
- % of residents who identified as Asian
- % of residents who identified as Black or African American
- % of residents who identified as Hispanic, Latino, or of Spanish Origin
- % of residents who identified as Native Hawaiian or Other Pacific Islander
- % of residents who identified as White
- % of residents who identified as Man

Residency Explorer™ Tool

Residency Explorer™ Tool

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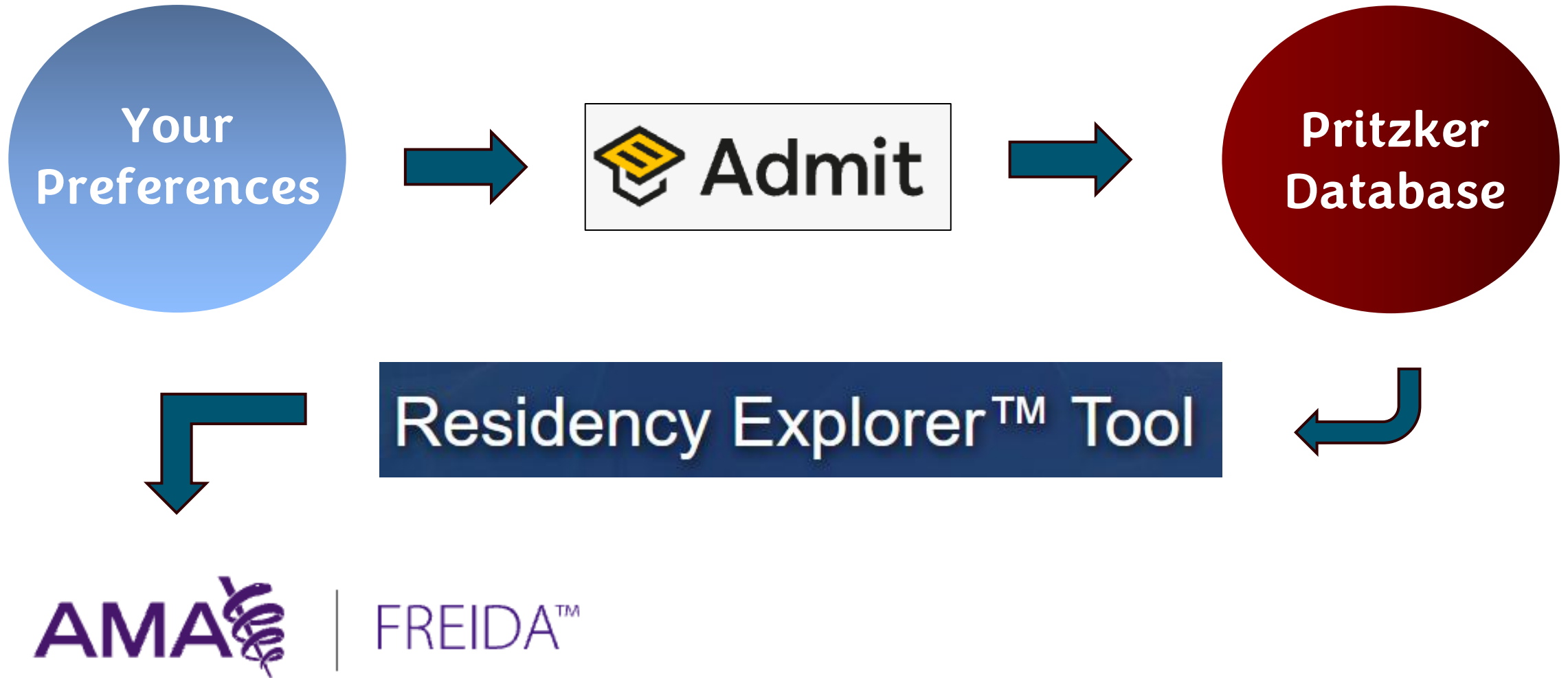
About Data Help FAQ

Change Specialty: Anesthesiology **Go**

- Data for the entire program, not specific position type unless specified.
- (For signal data only) Programs did not use program signals or specialties changed their signaling approach for the current cycle.
- (For geographic preferences data only) Programs did not use geographic preferences or specialties changed their geographic preferences approach for the current cycle.
- For all other data (<10 applicants, invitees, or current residents scores)

Selected Characteristics	Loyola University Medical Center Program	McGaw Medical Center of Northwestern University Program	Rush University Medical Center Program	University of Chicago Program
Applicants Invited to Interview - Interview Invitation Rates				
Interview invitation rates by signaling (Gold Signal)	59%	54%	49%	69%
Interview invitation rates by signaling (Silver Signal)	33%	13%	41%	34%
Interview invitation rates by signaling (No Signal)	0%	3%	0%	0%
Interview invitation rates by geographic preference (Aligned)	--	25%	25%	--
Interview invitation rates by geographic preference (Not Aligned)	--	3%	2%	--
Interview invitation rates by geographic preference (No	--	8%	9%	--

Program List Resources



- Individual program profiles (similar to Residency Explorer Tool)
- Filterable search (up to 35 filters) to explore programs by location, program type, salary, etc.
- Some additional features with paid membership



FREIDA™

INTERNAL MEDICINE Join to Save Program

NYU Grossman School of Medicine Program

New York, NY · Last Updated: 2/19/2026

[Overview](#) [Program & Work Schedule](#) [Features & Benefits](#) [Life & Culture](#)

About This Program

In the heart of New York City, we offer residents a unique training experience at three hospital systems - private, municipal, and federal. Across our Manhattan and Brooklyn campuses, our residents encounter a broad range of patients and diseases. These experiences prepare you to be a leader across clinical and academic medicine. We pride ourselves on our wide ranging training experience, while maintaining a highly connected resident community across our sites.

Program Length
3 Years

First Year Positions
99 Positions

Application Deadline
Oct 18, 2025

Avg Work Hours
70 Hours/Week

Program Setting
University

Application Service
ERAS

Program Statistics View All

Compensation
\$82k-\$92k
20 Vacation Days
90 Sick Days

[View All Benefits](#)

Types of Graduates

● USMD (97.3%)
● IMG (1.3%) ● DO (1.3%)

Resident Gender

● Female (51.6%)
● Male (48.4%)

Contact Information

Program Director
New York University Langone Med Ctr

Primary Program Contact
Jared Ericksen, BA
New York Univ Grossman Sch of Med

Survey Received: 6/25/2025
Program ID: 1403521292

Locations

New York University Langone Med Ctr
Dept of Med NBV 16 N 26
550 1st Ave
New York, NY 10016-6402

INTERNAL MEDICINE Join to Save Program

NYU Grossman School of Medicine Program

New York, NY · Last Updated: 2/19/2026

[Overview](#) [Program & Work Schedule](#) [Features & Benefits](#) [Life & Culture](#)

Average PGY-1 Educational Environment

Structured Didactic Activities 7	Hospital Outpatient 33%	Non-Hospital Ambulatory Care N/A
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Salary Compensation

\$82k-\$92k
PGY-1 through PGY-3

PGY-1	\$82,481
PGY-2	\$85,569
PGY-3	\$91,735

Salary paid by a non-profit institution.

Employment Policies & Benefits

- On-site child care
- Subsidized child care
- On-call meal allowance
- iPads, tablets, etc., or technology allowance
- Placement assistance upon completion of program into practice, fellowship or academia

Vacation & Sick Days

Residents receive 20 Vacation Days and 90 Sick Days annually to support work-life balance and personal well-being.

Vacation Days 20

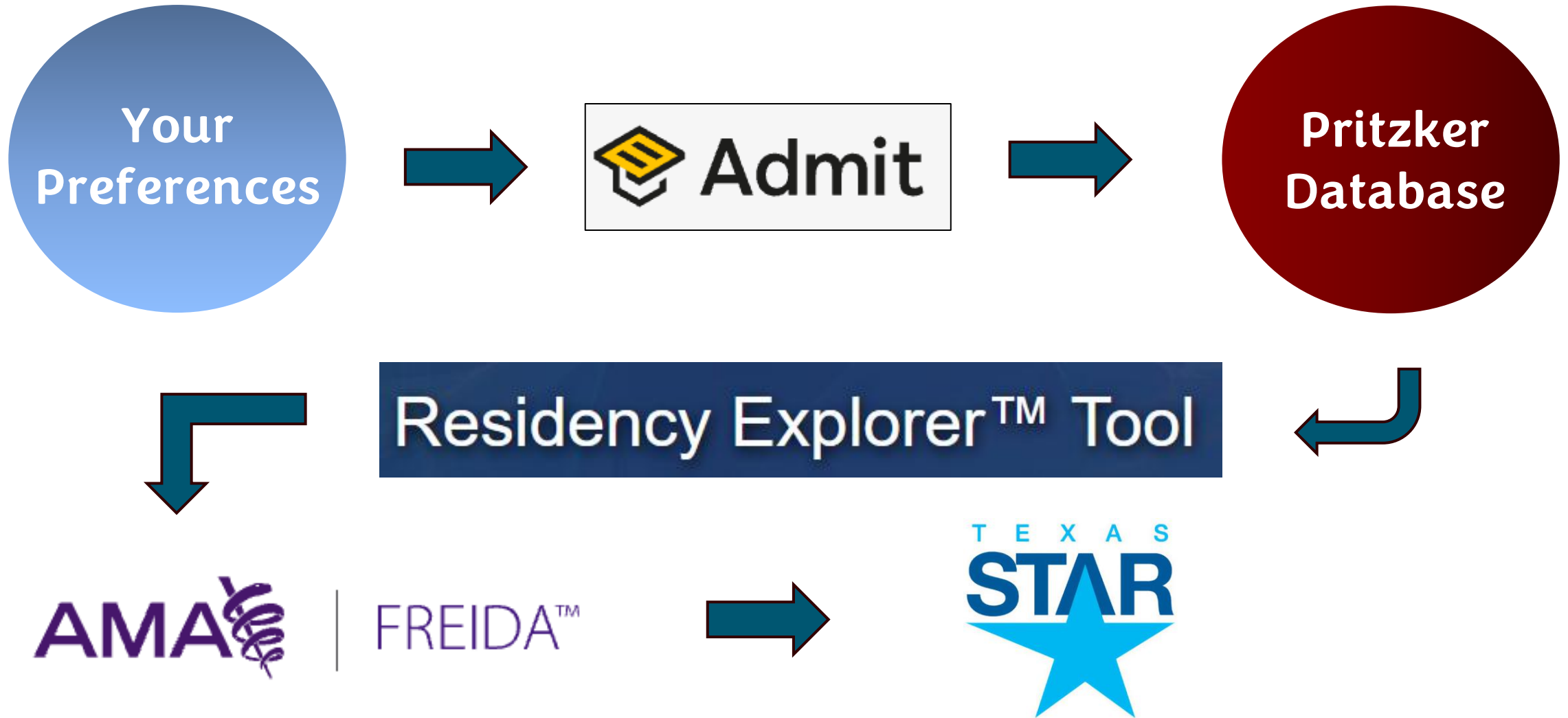
Sick Days 90

Educational Benefits

Offered	Yes
Curriculum to develop health systems leadership skills (e.g., QI project leadership, community/organizational advocacy)	Yes
Formal program to foster interprofessional teamwork	Yes
Economics of health care systems curriculum	Yes
Debt management/financial counseling	Yes
International experience/global health	Yes
Resident/fellow retreats	Yes
Off-campus electives	Yes

Family & Medical Leave Policy

Program List Resources





- National Survey of 160+ medical schools; student-entered data about residency application and interview process
- Annual response rate is typically ~25% - use caution generalizing
- Will be most useful to **Ob-Gyn** and **Emergency Medicine** applicants, as those specialties are not in Residency Explorer Tool
- Be sure to filter for MD applicants
- As with most of these resources, **interpret cautiously** and do not take observed data as definitive; this is one of many resources to fine-tune your list



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TEXAS STAR Summary by Specialty

View competitiveness by specialty based on applicant responses

For each specialty, you are able to view the averages and median characteristics for the applicant pool (default), interviewed pool and matched pool by selecting the Application Status.

# Students	# Appl.	Application Status
4,562	64,224	<input checked="" type="checkbox"/> Interview Offer <input type="checkbox"/> Matched <input type="checkbox"/> No Interview Offer

Survey Year	Graduate Degree
<input type="checkbox"/> 2023 <input type="checkbox"/> 2024 <input type="checkbox"/> 2025 <input checked="" type="checkbox"/> 2026	<input type="checkbox"/> DO <input checked="" type="checkbox"/> MD

Step 2 CK	AOA/Sigma
<input type="checkbox"/> Select all <input type="checkbox"/> (Blank) <input type="checkbox"/> 210-214 <input type="checkbox"/> 215-219 <input type="checkbox"/> 220-224 <input type="checkbox"/> 225-229 <input type="checkbox"/> 230-234 <input type="checkbox"/> 235-239 <input type="checkbox"/> 240-244 <input type="checkbox"/> 245-249 <input type="checkbox"/> 250-254 <input type="checkbox"/> 255-259 <input type="checkbox"/> 260-264 <input type="checkbox"/> 265-269	<input type="checkbox"/> No <input type="checkbox"/> No Chapter <input type="checkbox"/> Yes

Complex 2 CE	Gold Humanism
<input type="checkbox"/> Select all <input type="checkbox"/> (Blank) <input type="checkbox"/> 400-449 <input type="checkbox"/> 450-499 <input type="checkbox"/> 550-599 <input type="checkbox"/> 600-649	<input type="checkbox"/> No <input type="checkbox"/> No Chapter <input type="checkbox"/> Yes

Med School Region	Med School State
<input type="checkbox"/> East North Central <input type="checkbox"/> East South Central <input type="checkbox"/> Middle Atlantic <input type="checkbox"/> Mountain <input type="checkbox"/> New England <input type="checkbox"/> Pacific <input type="checkbox"/> South Atlantic	All

Cumulative Quartile
<input type="checkbox"/> 1st <input type="checkbox"/> 2nd

Specialty	Step 2 Avg	Step 2 Median	Complex 2 Avg	Complex 2 Median	Quartile Pct 1st	Quartile Pct 2nd	Quartile Pct 3rd	Quartile Pct 4th	Total # Applicants	Total # Matched	Student Matched Rate	Total # Appl.	Avg # Appl.
Anesthesiology	257	257			27%	15%	12%	4%	352	333	95%	9,545	27
Child Neurology	254	257			17%	14%	9%	6%	35	32	91%	891	25
Dermatology	260	262			44%	11%	7%	1%	104	91	88%	3,139	30
Emergency Medicine	251	252			18%	13%	14%	5%	352	331	94%	13,936	40
Family Medicine	247	247	575	575	12%	15%	13%	12%	364	316	87%	8,623	24
Internal Medicine	256	257	508	475	28%	15%	9%	5%	878	759	86%	26,091	30
Internal Medicine-Emergency Medicine	248	250			14%	21%	14%	7%	14	6	43%	96	7
Internal Medicine-Pediatrics	254	252			27%	13%	12%	5%	111	95	86%	3,417	31
Internal Medicine-Preliminary	259	262			33%	18%	6%	3%	232	49	21%	3,793	16
Internal Medicine-Psychiatry	251	250			10%	20%			10	8	80%	99	10
Neurodevelopmental Disabilities	263	265			50%				4			16	4
Neurological Surgery	258	257			38%	14%	7%		58	50	86%	3,251	56
Neurology	253	252			24%	17%	11%	3%	149	137	92%	5,474	37
Obstetrics and Gynecology	253	257	775	775	26%	16%	14%	5%	384	347	90%	17,891	47
Ophthalmology	260	262	475	475	35%	20%	7%	2%	107	83	78%	8,698	81
Orthopaedic Surgery	258	257			40%	14%	5%	2%	258	230	89%	9,172	36
Otolaryngology	260	262			43%	14%	2%	1%	127	108	85%	5,115	40
Pathology	251	252			22%	18%	8%	8%	77	71	92%	2,141	28
Pediatrics	252	252	675	675	19%	15%	14%	7%	462	409	89%	12,166	26
Pediatrics-Medical Genetics	256	255			33%		17%		6	6	100%	114	19
Pediatrics-Psychiatry-Child and Adolescent Psychiatry	250	247				10%	10%	20%	10	5	50%	86	9
Physical Medicine and Rehabilitation	252	252			15%	21%	13%	6%	67	60	90%	2,513	38
Plastic Surgery	260	262			31%	22%	6%	2%	51	40	78%	3,615	71
Psychiatry	250	252			13%	15%	18%	13%	256	231	90%	14,861	58
Radiation Oncology	252	257			35%	15%	6%	12%	34	32	94%	1,188	35
Radiology-Diagnostic	259	262			28%	14%	8%	4%	142	118	83%	7,150	50
Radiology-Interventional	257	257			29%	18%	3%	8%	38	33	87%	1,331	35
Surgery	255	257	775	775	29%	13%	9%	3%	292	245	84%	17,112	59
Surgery-Preliminary	254	252			24%	11%	14%	5%	37	10	27%	524	14
Thoracic Surgery	263	262			46%		8%		13	9	69%	391	30
Transitional Year	259	262			33%	16%	8%	4%	249	96	39%	3,906	16
Urology	258	257			28%	26%	9%	1%	94	89	95%	3,900	41
Vascular Surgery	258	257			35%	6%	18%		17	15	88%	949	56
Total	255	257	605	575	26%	15%	10%	5%	4,562	4,444	83%	191,194	36

In this tab, select criteria with the filters on the left. For each specialty, the database pulls the pool of applicants who meet your criteria and demonstrates their application information and Match outcomes. For example, for applicants with 215-219 Step 2CK, we see OBGYN had Match rate of 69%. They received an average of 8 interview offers. Applicants with this Step 2 CK score applying to OBGYN had an average of 3 research experiences.



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Texas STAR Signaling by Specialty

- Specialty
- Select all
- Anesthesiology
 - Child Neurology
 - Dermatology
 - Emergency Medicine
 - Family Medicine
 - Internal Medicine
 - Internal Medicine-Preliminary
 - Internal Medicine-Psychiatry
 - Neurodevelopmental Disabilities
 - Neurological Surgery
 - Neurology
 - Obstetrics and Gynecology
 - Ophthalmology
 - Orthopaedic Surgery
 - Otolaryngology
 - Pathology
 - Pediatrics
- Program Institution
- Select all
- Abington Memorial Hospital
 - AdventHealth Florida (Orlando)
 - AdventHealth Florida (Tampa)
 - Adventist Health White Memorial
 - Advocate Health Care/Advocate Illinois Masonic Medical...
 - Advocate Health Care/Advocate Lutheran General Hospi...
 - Albany Medical Center
 - Allegheny Health Network Medical Education Consortiu...
 - Anne Arundel Medical Center
 - Arrowhead Regional Medical Center
 - Ascension Illinois/Saint Alexius
 - Ascension Illinois/Saint Joseph (Chicago)
 - Ascension St Vincent Hospital
 - Atlantic Health System/Morristown Medical Center
 - Atrium Health Navicent The Medical Center/Mercer University School of Medicine
 - Aultman Hospital/NEOMED
 - Aurora Health Care
 - Baptist Memorial Medical Education
 - Baylor All Saints Medical Center Fort Worth
 - Baylor College of Medicine
 - Baylor Scott & White Medical Center - Baylor College of Medicine (Temple)
 - Baylor University Medical Center
 - Beth Israel Deaconess Medical Center

- Survey Year
- 2026
 - 2025
 - 2024
 - 2023
- Graduate Degree
- DO
 - MD

View impact of signaling on interview and match rates. Use buttons on top left to drill up to specialty level or drill down to individual program level.

Survey Year	Offer Interview Rate	Avg Interview Rate	Matched	Avg Match Rate	Avg Interview Rate with Signal	Avg Interview Rate with No Signal	Avg Match Rate With Signal	Avg Match Rate With No Signal	Signal	No Signal	Offer Interview Signal	Offer Interview No Signal
2026	4,610	31%	3,55	2,41%	56%	13%	4.69%	0.67%	6,382	8,377	3,543	1,075
Obstetrics and Gynecology	4,610	31%	3,55	2,41%	56%	13%	4.69%	0.67%	6,382	8,377	3,543	1,075
Abington Memorial Hospital	2	27%	1	1.27%	72%	0%	3.45%	0.00%	29	50	21	0
AdventHealth Florida (Orlando)	2	23%	0	0.00%	100%	6%	0.00%	0.00%	7	32	7	2
AdventHealth Florida (Tampa)	2	19%	0	0.00%	67%	11%	0.00%	0.00%	6	37	4	4
Adventist Health White Memorial	2	42%	1	3.03%	100%	24%	0.00%	4.00%	8	25	8	6
Advocate Health Care/Advocate Illinois Masonic Medical Center	2	22%	1	1.69%	48%	3%	4.00%	0.00%	25	34	12	1
Advocate Health Care/Advocate Lutheran General Hospital	2	19%	1	2.33%	50%	0%	6.25%	0.00%	16	27	8	0
Albany Medical Center	2	28%	3	5.26%	83%	3%	16.67%	0.00%	18	39	15	1
Allegheny Health Network Medical Education Consortium (WPH)	2	47%	2	3.45%	79%	4%	6.06%	0.00%	33	25	26	1
Anne Arundel Medical Center	2	30%	0	0.00%	75%	18%	0.00%	0.00%	12	49	9	9
Arrowhead Regional Medical Center	2	31%	0	0.00%	100%	18%	0.00%	0.00%	2	11	2	2
Ascension Illinois/Saint Alexius	2	21%	0	0.00%	67%	7%	0.00%	0.00%	9	30	6	2
Ascension Illinois/Saint Joseph (Chicago)	2	0%	0	0.00%	0%	0%	0.00%	0.00%	2	8	0	0
Ascension St Vincent Hospital	2	33%	1	3.03%	100%	0%	9.09%	0.00%	11	22	11	0
Atlantic Health System/Morristown Medical Center	2	34%	1	2.63%	87%	0%	6.67%	0.00%	15	23	13	0
Atrium Health Navicent The Medical Center/Mercer University School of Medicine	2	19%	0	0.00%	75%	0%	0.00%	0.00%	8	23	6	0
Aultman Hospital/NEOMED	2	18%	0	0.00%	100%	4%	0.00%	0.00%	4	24	4	1
Aurora Health Care	2	41%	0	0.00%	55%	37%	0.00%	0.00%	11	35	6	13
Baptist Memorial Medical Education	2	61%	0	0.00%	100%	53%	0.00%	0.00%	6	32	6	17
Baylor All Saints Medical Center Fort Worth	2	30%	1	1.85%	73%	0%	4.55%	0.00%	22	32	16	0
Baylor College of Medicine	2	41%	5	6.41%	71%	0%	11.11%	0.00%	45	33	32	0
Baylor Scott & White Medical Center - Baylor College of Medicine (Temple)	2	33%	3	5.45%	73%	6%	9.09%	3.03%	22	33	16	2
Baylor University Medical Center	2	28%	2	2.78%	47%	6%	5.26%	0.00%	38	34	18	2
Beth Israel Deaconess Medical Center	2	19%	2	1.94%	29%	0%	2.86%	0.00%	70	33	20	0
Total	4,610	31%	3,55	2,41%	56%	13%	4.69%	0.67%	6,382	8,377	3,543	1,075

In this tab, select a specialty and program of interest. Then, use the red "+" arrows to see signaling data from the last three Match cycles to assess program use of signals. For example, for applicants who applied to surgery at Emory University, the average interview rate for applicants who SIGNALLED was 47% compared to 14% without a signal in 2024. This is similar to the interview rates at Emory for surgery from 2023, but significantly increased from 2022.



UT Southwestern Medical Center | Texas STAR Dashboard 2026 | Data updated 6/1/26

Search

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Copilot

Signaling Matrix

Geographic Connection: N, Y

Away Rotation: N, Y

Preferred Geographic Region: N, Y

Signaled Gold: N, Y

Signaled Silver: N, Y

Signaled Program: N

Second Look: N, Y

Specialty: Select all, Anesthesiology, Child Neurology, Dermatology, Emergency Medicine, Family Medicine, Internal Medicine, Internal Medicine - Emergency Medicine

Program Institution: Select all, Abington Memorial Hospital, AdventHealth Florida (Orlando), AdventHealth Florida (Tampa), Adventist Health White Memorial, Advocate Health Care/Advocate Illinois Masonic Medical Center, Advocate Health Care/Advocate Lutheran General Hospital, Albany Medical Center, Allegheny Health Network Medical Education Consortium (WPH), Anne Arundel Medical Center, Arrowhead Regional Medical Center, Ascension Illinois/Saint Alexius, Ascension Illinois/Saint Joseph (Chicago), Ascension St Vincent Hospital Indianapolis, Atlantic Health System/Morristown Medical Center, Atrium Health Navicent The Medical Center/Mercer University School of Medicine, Aultman Hospital/NEOMED, Aurora Health Care, Baptist Memorial Medical Education, Baylor All Saints Medical Center Fort Worth, Baylor College of Medicine, Baylor Scott & White Medical Center - Baylor College of Medicine (Temple), Baylor University Medical Center, Beth Israel Deaconess Medical Center, Boston University Medical Center, Bridgeport Hospital/Yale University

Gold Humanism: No, No School Chapter, Yes

AOA/Sigma: No, No School Chapter, Yes

Step 2 CK: (Blank), 220-224, 225-229, 230-234, 235-239, 240-244, 245-249

Complex 2 CE Range: (Blank), 750 or higher

Survey Year: 2026

Graduate Degree: DO, MD

Cumulative Quartile: All

Additional Research Year: No, Yes

Survey Year	# Students	# Applications	# Interview Offer	Interview Offer Rate	Matched	Matched Rate
2026	377	8,377	1,075	12.83%	56	14.85%
Obstetrics and Gynecology	377	8,377	1,075	12.83%	56	14.85%
Abington Memorial Hospital	50	50				
AdventHealth Florida (Orlando)	32	32		6.25%		
AdventHealth Florida (Tampa)	37	37		10.81%		
Adventist Health White Memorial	25	25		24.00%	1	4.00%
Advocate Health Care/Advocate Illinois Masonic Medical Center	34	34		2.94%		
Advocate Health Care/Advocate Lutheran General Hospital	27	27				
Albany Medical Center	39	39		2.56%		
Allegheny Health Network Medical Education Consortium (WPH)	25	25		4.00%		
Anne Arundel Medical Center	49	49		18.37%		
Arrowhead Regional Medical Center	11	11		18.18%		
Ascension Illinois/Saint Alexius	30	30		6.67%		
Ascension Illinois/Saint Joseph (Chicago)	8	8				
Ascension St Vincent Hospital Indianapolis	22	22				
Atlantic Health System/Morristown Medical Center	23	23				
Atrium Health Navicent The Medical Center/Mercer University School of Medicine	23	23				
Aultman Hospital/NEOMED	24	24		4.17%		
Aurora Health Care	35	35	13	37.14%		
Baptist Memorial Medical Education	32	32	17	53.13%		
Baylor All Saints Medical Center Fort Worth	32	32				
Baylor College of Medicine	33	33				
Baylor Scott & White Medical Center - Baylor College of Medicine (Temple)	33	33		6.06%	1	3.03%
Baylor University Medical Center	34	34		5.88%		
Beth Israel Deaconess Medical Center	33	33				
Boston University Medical Center	44	44				
Bridgeport Hospital/Yale University	46	46		8.70%	1	2.17%
Total	377	8,377	1,075	12.83%	56	14.85%

The match rate at individual programs might not be line with expectation when using filters. This is due to a student being able to signal and/or rotate at multiple programs but can only match at one program at the end. However, you can compare the raw numbers of both Y/N options. In this tab, select a specialty and select applicant criteria using the left filters and/or top filters. The database will pull Match and applicant data for each program. For example, within dermatology, applicants who signaled "GOLD" to Vanderbilt University Medical Center had an 80% interview rate. Dermatology applicants who signaled geographic region but did NOT signal GOLD or SILVER did not receive an interview from Vanderbilt. If your specialty of interest did not use GOLD/SILVER, please use the "Signaled Program" filter. For example, of internal medicine applicants with a Step 2 CK score 265 – 269 who SIGNED Vanderbilt, 91% received an interview.



UTSouthwestern Medical Center | Texas STAR Dashboard 2026 | Data updated 6/1/26

Search

Pages: File, Export, Share, Explore, Subscribe, Set alert, Monitor

Senior Advice/Feedback

Specialty

- Select all
- Anesthesiology
- Child Neurology
- Dermatology
- Emergency Medicine
- Family Medicine
- Internal Medicine
- Internal Medicine-Emergency Medicine
- Internal Medicine-Pediatrics
- Internal Medicine-Preliminary
- Internal Medicine-Psychiatry
- Neurodevelopmental Disabilities
- Neurological Surgery
- Neurology
- Obstetrics and Gynecology

Feedback Type

- Search
- Couples Matching
- General Advice
- Program/Geographic Signaling
- Selecting Experiences

Survey Year	Graduate D...	Matched
<input type="checkbox"/> 2026	<input type="checkbox"/> DO	<input type="checkbox"/> N
<input type="checkbox"/> 2025	<input type="checkbox"/> MD	<input type="checkbox"/> Y

Attention

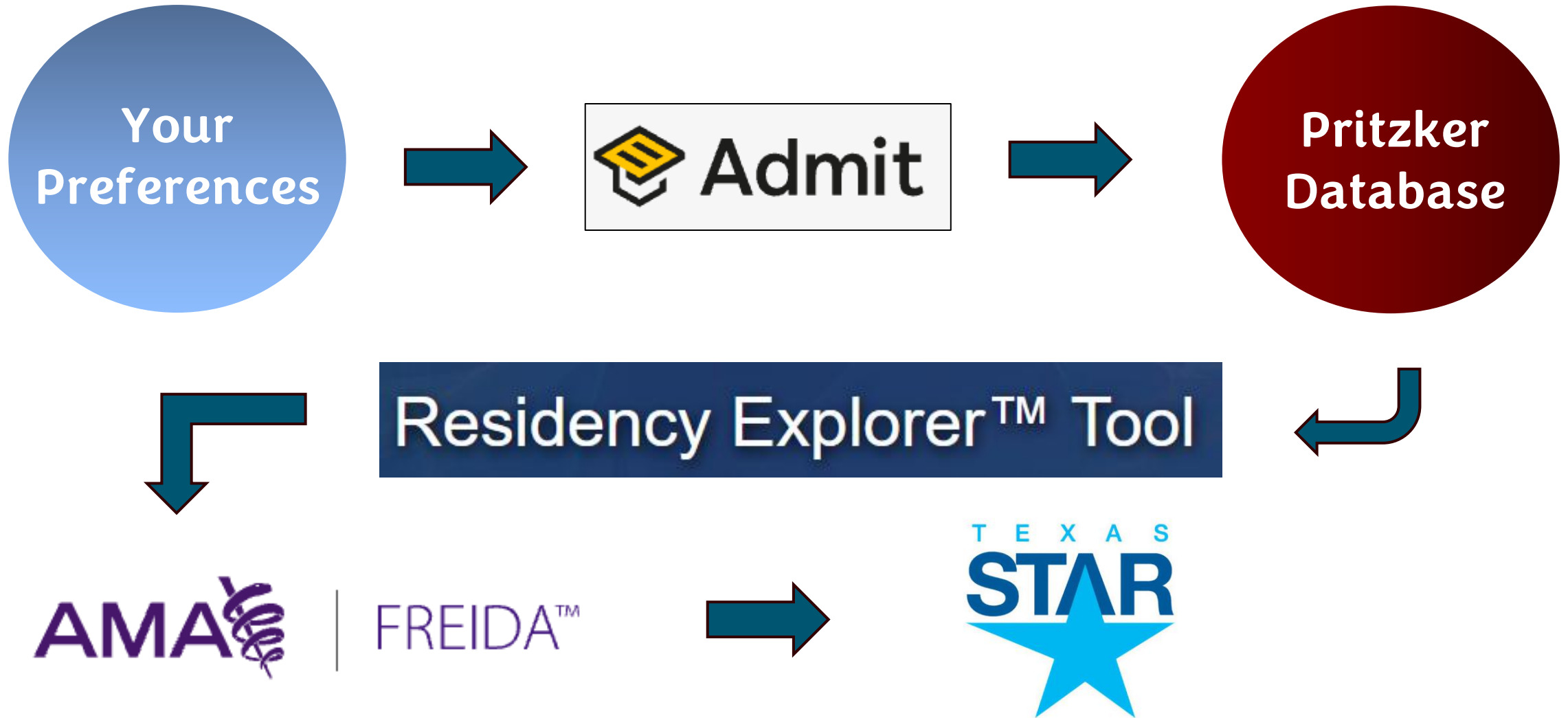
These comments represent those made by applicants who completed the STAR survey and do not represent the thoughts or advice of any medical school or residency program administration and faculty.

Please consult with advisors when taking the comments into consideration.

Feedback Type	Feedback Comment
Program/Geographic Signaling	- Do not apply above the 30 signals. Look at the stats, it is a waste of money.
Program/Geographic Signaling	- Signal wisely. This is basically an application cap for ortho.
Program/Geographic Signaling	- program signaling seems to be much more important than geographic signaling, many programs in my geographic region did not signal their program
Program/Geographic Signaling	- Signal broadly (academic, hybrid, community). In hindsight, my signals were top-heavy.
Program/Geographic Signaling	- Stay open to non-sigaled programs; several of these went towards the top of my rank list after interview day.
Program/Geographic Signaling	Signaling was a joke this year, and no one knew what to make of it. Some programs didn't accept programs at all, some only offer signals and other programs accepted signals but interviewed those who didn't signal. Geographic preferences are not that important.
Program/Geographic Signaling	"apply for the job you WANT, not just the job you think you could get" aka shoot for the stars.
Program/Geographic Signaling	(see previous comment I made on last page)
Program/Geographic Signaling	I found program signaling to be very helpful, especially with the more competitive programs. Geographic signaling I found to be helpful in geographic area I had no real "ties" to (had never lived or gone to school there).
Program/Geographic Signaling	.be smart and dont gold signal all your reaches/target programs, throw in some safeties too
Program/Geographic Signaling	1/3 reach programs, 1/3 comfortable, 1/3 lower tier
Program/Geographic Signaling	15 is a bad number of signals - either go fewer or more, eg. 5 signals carry more weight, or 25-30 signals limits overall number of
Program/Geographic Signaling	15 is likely too few a number, I think 20 is about right.
Program/Geographic Signaling	15 signals is an awkward middle ground. Should have 30 which can act as a soft application cap.
Program/Geographic Signaling	15 signals is not great because, as a student we try to be strategic with schools that fit our statistics and give us a good chance but mentality of "if you didn't signal us then we are at least number 16 on your list" which is objectively not true. You can't only signal found a lot of top programs did not care about signals anyway as many did not offer interviews despite people signaling them
Program/Geographic Signaling	15 signals is too many. Some programs I was in "reach" for (i.e. I was competitive for) chose not to interview me and I think it was them. One only sent me an interview invite after I sent an email to the PD expressing my interest.
Program/Geographic Signaling	15 signals seemed to work pretty well. I like that there are not gold/tiered signals because it makes choosing where to signal simple
Program/Geographic Signaling	25 gen surg signals would be ideal, 15 is a little more ambiguous. Geographic signaling take it or leave it
Program/Geographic Signaling	25 signals for Otolaryngology was about in range, but I would have appreciated 30 signals. ENT this year omitted geographic signaling
Program/Geographic Signaling	3 signals for reach programs
Program/Geographic Signaling	7 for all community and average academic programs
Program/Geographic Signaling	30 signals for ortho was great. It provided enough room to add in reaches without worrying about not putting more realistic options
Program/Geographic Signaling	4 of my interviews were non-signal; choose programs well and you will pick up extra interviews in your non-sigaled

Use this tab to filter qualitative advice from previous applicants. For example, you are a student from a DO program applying to pathology. You want advice regarding virtual interviews from those who matched. Select those filters on the left to view advice and feedback from applicants who were in your shoes last year. Expand "Filter" on right panel to use keyword match to narrow down your search.

Program List Resources



Other Program List Resources

- Ob-Gyn: Alignment Check Index ([ACI](#)) from AMA FREIDA
 - Can be helpful, but has limitations
 - Ortho: Orthopaedic Residency Information Network ([ORIN](#))
- Current residents
 - Focus on fit, program culture, and opportunities
- Pritzker/UChicago faculty

Resources to avoid (or use with extreme caution): Social media, forums, “medfluencers”



Questions?