

CA

## Match 2024-25 Edition

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Learned and subsequently forgot the Krebs Cycle	Consumed more than 300 milligrams of caffeine at once	Had someone ask, "Can you look at this mole for me?"	Watched a robotic surgery and thought, "I wanna do that one day!"	Met with an ERAS application consultant
Ate ramen noodles at least 3 nights in a week	Found an amazing pair of comfy shoes for rotations	Used Spotify for background music while studying	Retraced your steps by following the paper trail	Encountered a "Status Dramaticus" during rotations
Contemplated the nature of human existence at 2:30 am	Constantly checked your "Certified, Paid, Verified" status	Free space	Stressfully reviewed the Coagulation Cascade	Met a patient with a serious vitamin deficiency
Consumed your go-to comfort food at an ungodly hour	Mistakenly ordered a set of scrubs in the incorrect size	Cringed every time you saw someone sneeze into their hands	Contemplated starting a new, simpler life in agricultural work	Sliced and ate an apple with a lingering sense of trepidation
Wondered how pharmaceutical companies name their products	Heard "Can you give me a prescription for a good time?"	Detected an important symptom in a complex case	Saw something crazy posted on Reddit	Snapped your gloves as you put them on for the razzle-dazzle effect

## Letter to Your Past Self

Take a moment to write a short note about the meaningful parts of your journey and what you've learned.

Option 1: Write a letter to your past self. Take a moment to look back. If you could go back to the start of this journey, what would you tell yourself? What have you learned (about yourself, life, others, etc.), and what advice would you give to someone just beginning?

Option 2: If you had only 6 words to send back to your past self at the beginning of this process, what would they be? *Example: This was never impossible for you.*

We'll be publishing a collection of reflections from applicants who choose to share! You can include your name or submit anonymously. [Share yours here!](#)

## Affirmations & Motivation – 10-Minute Guided Meditation

Take a few moments to pause, settle your mind, and affirm your complete worth.



### Positive Manifestations Playlist- Click here to listen!

1. [Ain't No Mountain High Enough](#) – X-Factor cover of Marvin Gaye & Tammi Terrell (*Nothing is stopping you now!*)
2. [I'm Still Standing](#) – Elton John (*Because you are*)
3. [Don't Stop Believin'](#) – Journey (Classic hope anthem)
4. [Good as Hell](#) – Lizzo (Confidence boost on demand)
5. [Unstoppable](#) – Sia (Manifesting main character energy)
6. [Hall of Fame](#) – The Script ft. will.i.am (*Because you belong there*)
7. [Shake It Off](#) – Taylor Swift, Neon NiteClub Remix (If nerves hit, let them go!)
8. [Eye of the Tiger](#) – Survivor (Underdog mentality, activated)
9. [High Hopes](#) – Panic! At The Disco (Hope + hustle = the formula)
10. [Rise Up](#) – Andra Day (Dedicate this one to yourself for quiet, steady resilience)
11. [Lose Yourself](#) – Eminem (Channel laser focus with this video that has 1.3 BILLION views)

Check out last year's playlist, [If Specialties Had Theme Music here!](#)

**Anesthesiology**

"Wake Me Up" by Avicii

**Cardiology**

"I Got Rhythm" by Ella Fitzgerald

**Dermatology**

"Under My Skin" Frank Sinatra

**Family Medicine**

"We are Family" by Sister Sledge

**Hematology**

"Bad Blood" by Taylor Swift

**Infectious Disease**

"Don't Get Close" by Slipknot

**Internal Medicine**

"Tear Drop" by Massive Attack

**Neurology**

"Inside Your Mind" by Ryan Cabrera

**Ophthalmology**

"I've Got My Eyes on You" by Cole Porter

**Pediatrics**

"We Are Young" by Fun

**Podiatry**

"These Boots Are Made for Walkin'" by Nancy Sinatra

**Radiology**

"I See Right Through to You" by DJ Encore (feat. Engelina)

**Surgery**

"Stitches" by Shawn Mendes



## What If You Don't Match?

First and foremost, don't take it personally. At the end of the day, there are simply more applicants than spots. If you know you gave your best effort in the process, not matching this cycle isn't a reflection of your worth, your effort, or your future in medicine.

If you want to be proactive in managing your emotions if unmatched, please consider the following points.

- Decide on a grounding phrase to say to yourself if you see the words “We’re sorry, you didn’t match” when you open your email. (*Something like “This is not the end of my journey. I will regroup and move forward,” for example.*)
- Figure out who you’ll want to talk to when you open your match email, and make sure they are ready for your call/at your side—good news or bad!
- Invest in your mental health by taking **10(ish) minutes to focus on positive energy**.

*If unmatched in the main match:*

1. Allow yourself some time to grieve. Not matching is a loss.
2. **If you’re applying to SOAP, regroup!** Move into focus mode and finish out the season strong...because it’s not over yet! *If you’re not applying, skip straight to the self-care and self-love mentioned in #4!*
3. Identify your 45 programs and apply before Tuesday morning, 8 am ET.
4. Once you’ve applied, spend Tuesday/Wednesday on self-care and self-love—whatever that may look like for you. Go for a short walk, practice yoga or meditation, brew some herbal tea and read a favorite book, watch a favorite movie. If an interview comes, great. If not, remind yourself: this is a setback, not a dead end.

*If unmatched in SOAP:*

- You can seek out residency positions after the SOAP concludes, throughout April, May, and even June. Here are some resources for that.
  - NRMP will release a list of Post-SOAP unfilled programs to all unmatched applicants registered with the NRMP. These programs may ask you to apply via ERAS, email, or directly through their website.
  - **[AAMC List of Specialties & Programs](#)** (*select specialty to see list of programs and ERAS participation status*)
  - **[Resident Swap](#)**
  - **[Outside the Match](#)**