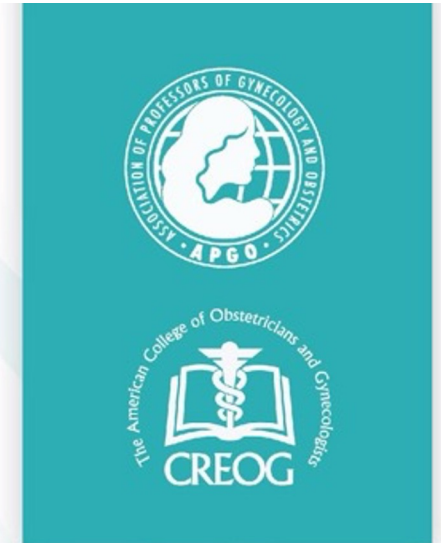


# Resources for Choosing Where to Apply and Send Your Program Signals



RIGHT RESIDENT  
RIGHT PROGRAM  
READY DAY ONE



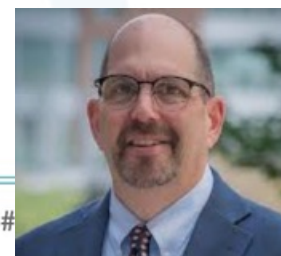
---

August 6, 2025

# Objectives



- Program signaling data from the 2024-2025 residency application cycle and effective use of program signaling
- Resources including FREIDA, the Alignment check Index, residency websites, social media, the ACOG Residency Showcase, and Texas Star
- New Tool: Alignment Insights
- Update on applicant fee waiver information
- Resident perspectives about their residency application experiences and how they chose where to apply

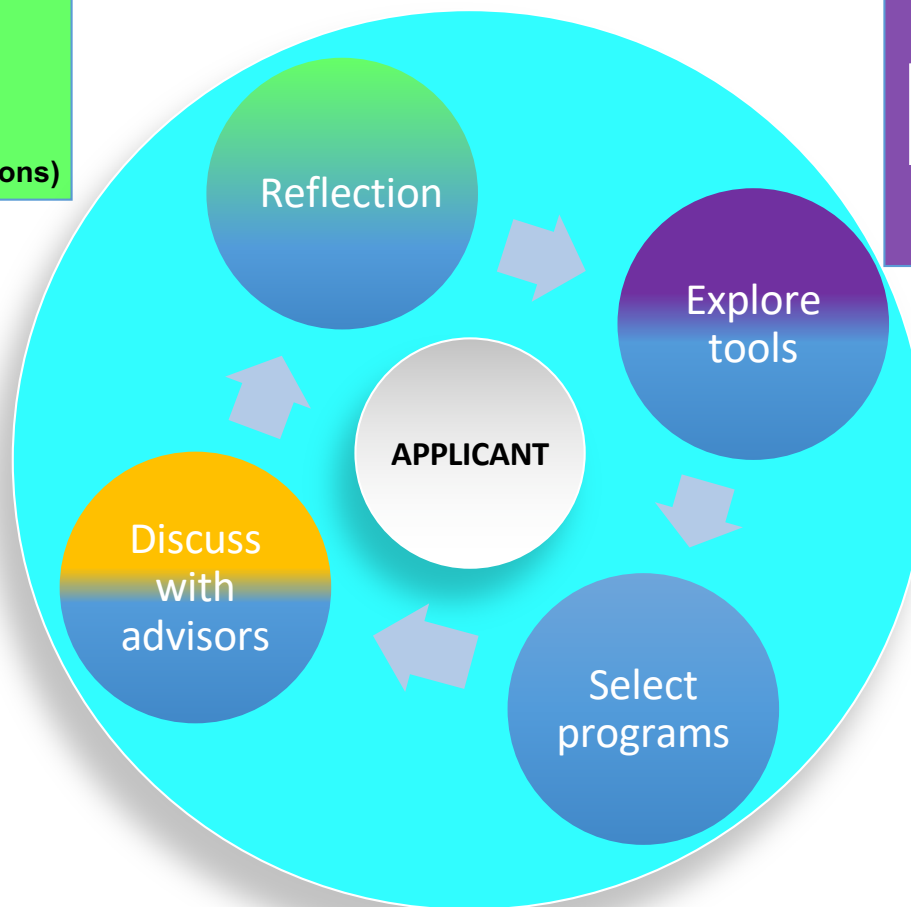


**Mission & Values**  
(Yours and the Residency Programs)


**Geography**  
(Your desired training location)

**Personal & Professional Goals**  
(Your fellowship or practice aspirations)


**Student Affairs**  
**Clerkship Directors**  
**Career Advisors**  
**Department Chairs**  
**Program Directors**  
**Faculty Mentors**

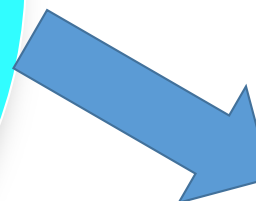


 **Residency Directory**

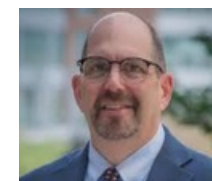
 

 **Alignment Check Index**

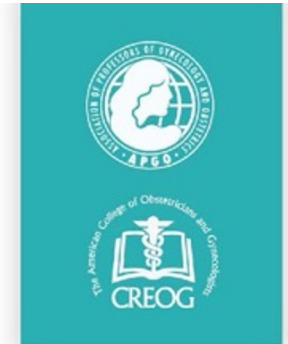
 **Alignment Insights**



**WHERE TO APPLY & PROGRAM SIGNAL**



# Program Signaling



1. Equitable opportunity to indicate strong interest
2. Increases your chances of being noticed by the program
3. 3 Gold, 15 silver



## 2022-2023 Residency Application Cycle



### Original Research

ajog.org

#### EDUCATION

#### The golden tickets: impact of preference signaling on obstetrics and gynecology residency applicants

Fel Cai, MD; Elizabeth Southworth, MD; Sarah Santiago, MD; Alyssa Stephenson-Famy, MD; Emily Fay, MD; Eileen Y. Wang, MD; R. Nicholas Burns, MD

Interview yields:  
64.0% +/- 31.5% (gold)

43.8% +/- 23.1%  
(silver)

Programs offered interviews to  
63% (gold) and 35% (silver)

Signaling increased chance for  
an interview, but did not  
influence rank order list

## Program Signaling in Obstetrics and Gynecology Residency Applications

*Erika Banks, MD, Abigail F. Winkel, MD, Helen K. Morgan, MD, AnnaMarie Connolly, MD, Maya M. Hammoud, MD, MBA, and Karen E. George, MD, MPH*

 @APGOnews #ChangeM



# Interviews Received from Signaling 2023-2024 (n=690)



- Applicants received an average of **1.80 interviews** ( $\pm 1.03$  SD) from programs they sent a **gold signal** to. (60%)
- Applicants received an average of **7.02 interviews** ( $\pm 3.94$  SD) from programs they sent a **silver signal** to. (47%)
- Applicants received an average of **2.67 interviews** ( $\pm 4.25$  SD) from programs to which they **did not send a signal**. This translates to **1 interview for every 21-22 non-signaled application.** (less than 5%)



# Signaling in ResidencyCAS

The screenshot displays the ResidencyCAS web application. On the left, a sidebar contains navigation icons for Home, My Profile, My Programs, My Documents, and My Signals. The main content area is divided into sections: 'Program Materials 2/3' with links to Evaluations, Documents, and Signals; 'What's Next?' with a message about signaling importance; and a 'Signals' section. The 'Signals' section shows a progress bar and a list of programs. A modal window titled 'Signal My OB-GYN Programs' is open on the right, showing a list of programs with their locations and the number of signals assigned. Three white arrows point from the 'Signals' section to the modal window, indicating the flow of the signaling process.

**ResidencyCAS**  
CENTRALIZED APPLICATION SERVICE

**Signals**  
Report all institutions attended, regardless of whether you have completed the application process.  
• Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat.  
• Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur.  
[VIEW MORE](#)

**Program Materials 2/3**  
Evaluations  
Documents  
**Signals**

**What's Next?**  
It is important to signal your programs! Suspendisse porttitor molestie semper.  
**SIGNALS**  
Request evaluations in advance

**Signal My OB-GYN Programs**

**GOLD** **SILVER**

You can assign up to **3 Gold Signals**.

Search

☐ Select All 0 of 3 selected

**Brigham and Women's Massachusetts Hospital**  
Location: Boston, MA  
1 required • 2 allowed • 0 remaining

**McGaw Medical Center of Northwestern University**  
Location: Boston, MA

**University of North Carolina Hospitals**  
Location: Boston, MA

**University of California Medical Center**  
Location: Boston, MA

**Boston University Medical Center**  
Location: Boston, MA

**University of Colorado**  
Location: Boston, MA

**Johns Hopkins School of Medicine**  
OB-GYN







# Resources



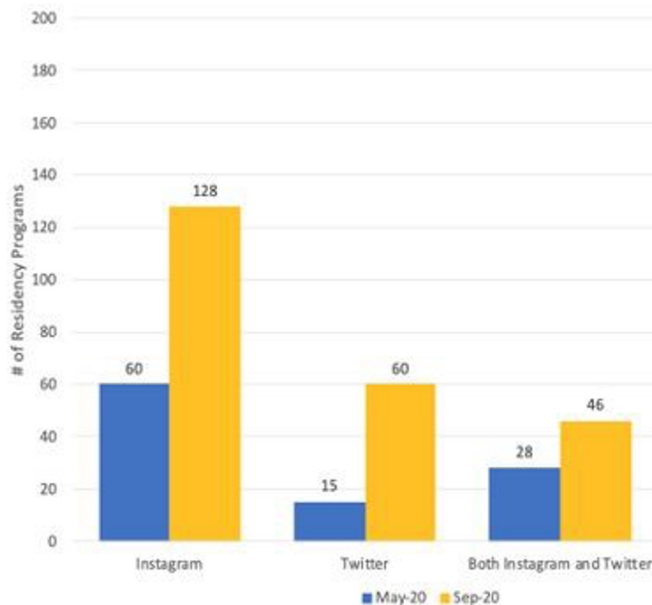
 @APGOnews #Chan





# Residency Websites/Social media

## GROWTH OF OBGYN RESIDENCY SOCIAL MEDIA



Data from 2020

**AJOG** American  
Journal of  
Obstetrics &  
Gynecology

### The state of obstetrics and gynecology residency programs' social media presence

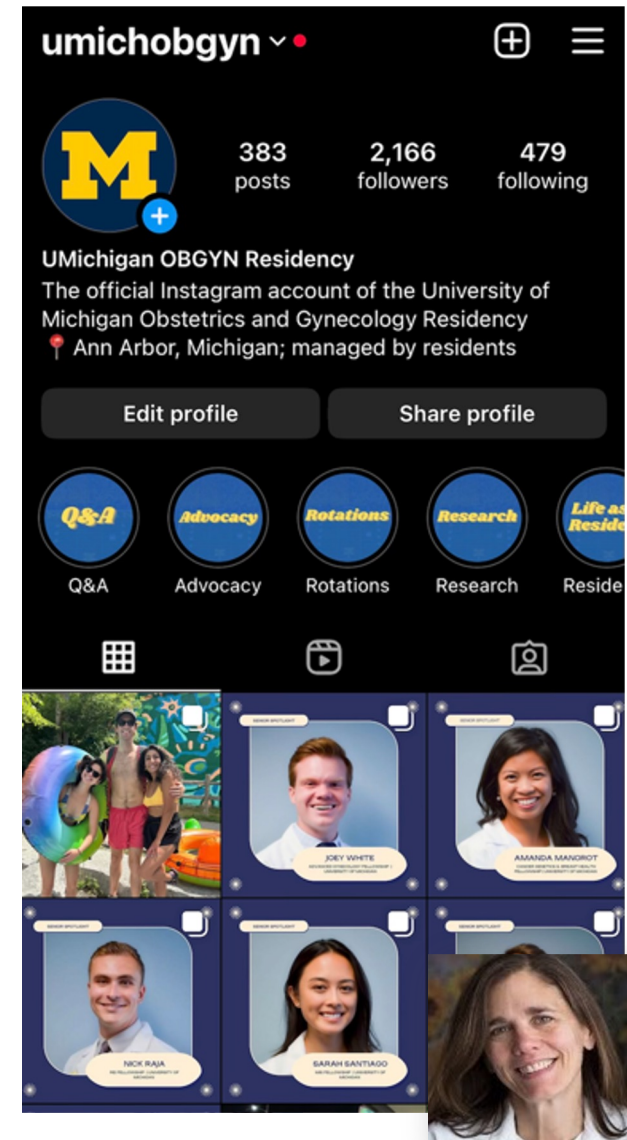
Elizabeth Southworth, MD • Sarah Santiago, MD • J. Thomas Fitzgerald, PhD • Scott Graziano, MD • Maya M. Hammoud, MD • Helen Kang Morgan, MD ✉

Published: December 29, 2020 • DOI: <https://doi.org/10.1016/j.ajog.2020.12.1209> • Check for updates



# What can I learn about a program from their social media?

- Resident perspective
- Highlight values in real-time
- Up to date information about the program
- Information not on websites



# Curating your social media profile for residency application

- Consider utilizing a professional photo
- Utilize the platform as an extension of your CV; post pictures of your research and community engagement.
- Repost or comment on topics important to you
- Like or comment on residency posts to engage in this virtual space



## Retweet for Residencies



[Elizabeth Southworth, MD](#) and [Sarah Santiago, MD](#)

May 27, 2020


Op-Med is a collection of original articles contributed by Doximity members.



# Virtual Residency Showcase

Virtual | Aug 18-22, 2025

Day	Topic
Day 1	Resident spotlight/Resident takeover
Day 2	Faculty spotlights/areas of excellence
Day 3	Program curriculum/rotation info/clinical highlights
Day 4	Resident research, advocacy, teaching
Day 5	Interprofessional and institutional highlights



**PGY 1**  
ROTATIONS

- L&D Days - 2 blocks (8 weeks)
- L&D Nights - 2 blocks (8 weeks)
- Gyn Onc - 2 blocks (8 weeks)
- OB Clinics - 2 blocks (8 weeks)
- Gyn Clinics - 1-2 blocks (5-6 weeks)
- Benign Gyn - 1-2 blocks (6-8 weeks)
- Vacation - 4 weeks

OB clinics includes exposure to High-Risk OB, obstetric ultrasound in our Fetal Diagnostic Center, and L&D Triage

Gyn clinics includes exposure to specialty clinics such as Family Planning, Planned Parenthood, Gyn Onc, Pelvic & Abdominal Gynecology, Transgender Health, Breast and Cancer Genetics, V&A, Endometriosis, and Endometriosis

**umichobgyn**

**umichobgyn** For [#acogresweek2022](#) we put together an inside look at our rotations by year. Check it out! A few notables:

- We get exposure to subspecialties early and often. With fellowships in Family Planning, Gynecologic Oncology, Urogyn, MFM, REI and advanced training programs in MIGS, Cancer Genetics & Breast Health, PAG, Global Women's Health, and Women's Health, the world is your oyster!
- We start operating early. By the end of intern year, we are comfortable with c-sections and

❤️ 💬 📌

Liked by [alison.m.schmidt](#) and 62 others

August 17, 2022

😊 Add a comment...





File Export Share

Copilot      

Home Selected X A S



Seeking Transparency in  
Application to Residency

POWERED BY UT SOUTHWESTERN MEDICAL CENTER

POWERED BY UT SOUTHWESTERN MEDICAL CENTER

This survey is a national collaboration between medical schools and senior medical students to provide this data for medical students applying to residencies.

**DATABASE CONTAINS:** 2022-2025 Data | 159 Medical Schools | 26,000+ Matched Seniors

The report consists of below pages listed on left panel:

<a href="#">Summary by Specialty</a>	<a href="#">Summary by Program</a>	<a href="#">Summary by Program by Location</a>
<a href="#">Signaling Overview</a>	<a href="#">Signaling Applicant-Program Matrix</a>	<a href="#">Signaling by Specialty</a>
<a href="#">STAR Search by Program</a>	<a href="#">STAR Search by Applicant</a>	
<a href="#">Timeline/Costs &amp; Others</a>	<a href="#">Senior's Advice</a>	
<a href="#">Texas STAR Impact</a>	<a href="#">Publications &amp; Raw Data</a>	

The report consists of below pages listed on left panel:

Summary by Specialty	Summary by Program	Summary by Program by Location
Signaling Overview	Signaling Applicant-Program Matrix	Signaling by Specialty
STAR Search by Program	STAR Search by Applicant	
Timeline/Costs & Others	Senior's Advice	
Texas STAR Impact	Publications & Raw Data	

**FEATURING STAR SEARCH:** This page provides the ability to use a student's data and search for which specialties and which programs within specialties comparable students received interviews, did not receive interviews, and ultimately matched.

1 Selection Criteria

2 Clickable Interactive Chart

3 Application Details

- 1 Selection Criteria
- 2 Clickable Interactive Chart
- 3 Application Details

## Texas STAR 2025 Summary

Matched Status Specialty	Matched		Not Matched	
	Count	Pct Rate	Count	Pct Rate
Anesthesiology	414	87.53%	59	12.47%
Child Neurology	50	89.29%	6	10.71%
Dermatology	94	78.33%	26	21.67%
Emergency Medicine	520	90.43%	55	9.57%
Family Medicine	499	83.58%	98	16.42%
Internal Medicine	1,050	86.78%	160	13.22%
Internal Medicine-Emergency Medicine	11	52.38%	10	47.62%
<b>Total</b>	<b>5,879</b>	<b>80.88%</b>	<b>1,187</b>	<b>19.12%</b>

**Questions?** [TexasSTAR@utsouthwestern.edu](mailto:TexasSTAR@utsouthwestern.edu)

Source: RAS Reporting System, Copyright 2018-25, The University of Texas Southwestern Medical Center



# Texas Star Database

Retrospective data based on students sharing their data

**DATABASE CONTAINS: 2022-2025 Data | 159 Medical Schools | 26,000+ Matched Seniors**

The report consists of below pages listed on left panel:

<b>Summary by Specialty</b>	<b>Summary by Program</b>	<b>Summary by Program by Location</b>
<b>Signaling Overview</b>	<b>Signaling Applicant-Program Matrix</b>	<b>Signaling by Specialty</b>
<b>STAR Search by Program</b>	<b>STAR Search by Applicant</b>	
<b>Timeline/Costs &amp; Others</b>	<b>Senior's Advice</b>	
<b>Texas STAR Impact</b>	<b>Publications &amp; Raw Data</b>	



- Home
- Summary by Specialty
- Summary by Program
- Summary by Program b...
- Signaling Overview
- Signaling Applicant-Pro...
- Signaling by Specialty
- STAR Search by Program
- STAR Search by Applicant
- Timeline, Costs & Others
- Senior Advice
- Texas STAR Impact
- Publications & Raw Data

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.

26,423

1,119,755

Application Status

☐ Interview Offer

☐ Matched

☐ No Interview Offer

Graduate Degree

☐ DO

☐ MD

AOA/Sigma

☐ No

☐ No Chapter

☐ Yes

Gold Humanism

☐ No

☐ No Chapter

☐ Yes

Med School Region

☐ East North Central

☐ East South Central

☐ Middle Atlantic

☐ Mountain

☐ New England

☐ Pacific

☐ South Atlantic

Med School State

All

Cumulative Quartile

☐ 1st

☐ 2nd

Survey Year

☐ 2022

☐ 2023

☐ 2024

☐ 2025

Step 2 CK

☐ Select all

☐ (Blank)

☐ 200-204

☐ 205-209

☐ 210-214

☐ 215-219

☐ 220-224

☐ 225-229

☐ 230-234

☐ 235-239

☐ 240-244

☐ 245-249

☐ 250-254

☐ 255-259

Complex 2 CE

☐ Select all

☐ (Blank)

☐ 400-449

☐ 450-499

☐ 500-549

☐ 550-599

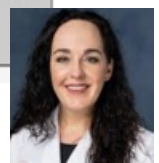
☐ 600-649

☐ 650-699

☐ 700-749

☐ 750 or higher

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.

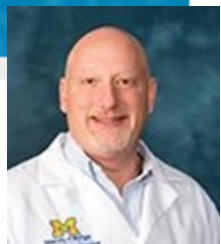




# FREIDA™, the AMA Residency and Fellowship Database®

- Target and refine your search using 35+ filters
- Save, rank, take notes, download and compare programs
- Plan for application and Match fees with FREIDA's Residency Calculator

**Join for Full Access to FREIDA**



EXPLORE ▼



Member Benefits

Join

Renew

Sign In ▼

FREIDA™

Search Programs

Explore Specialties

Tools & Resources ▼

Program Director Portal

## Program Results

List Map

Clear Filters

Obstetrics and Gynecology X

Residency X

Save This Search

☒ Residency ☐ Fellowship

Showing 1 - 25 of 295 Results

### OBSTETRICS AND GYNECOLOGY

#### University of Alabama Medical Center Program

Birmingham, AL

ID: 2200111018

#### EXPANDED LISTING

University-based  
8 first year  
positions  
ERAS®  
NRMP match





## OBGYN Residency Alignment Check

This tool is a pilot for an Alignment Check Index for the OBGYN specialty. It allows residency applicants to compare their experiences and characteristics to the domains that residency programs consider in their own assessment of their program's values and interests. The Alignment Check Index (ACI) creates an alignment index that applicants can use in helping them determine to which programs to apply.

[Let's Begin](#)



Alignment Check Index developed in collaboration with the OBGYN specialty



[ACI WORKSHEET](#)



[APPLICANTS FAQ](#)



QUESTION 2 OF 6

## Work Experience

Previous work experiences outside of medicine or any work leadership roles.

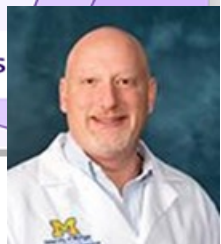
- ☐ None
- ☒ Less than 6 months at job(s)
- ☐ 6-12 months at job(s); Multiple diverse jobs
- ☐ Sustained work experience (>1 year); Leadership, Supervisory roles, Prior career

NEXT

Please fill in all the fields above.



? APPLICANTS



QUESTION 3 OF 6

## Community Service / Advocacy

Meaningful participation in community service or advocacy activities, and/or volunteering locally, nationally and internationally.

- ☐ None or limited; Less than 6 months (Blood drive, Health fairs)
- ☐ 6-12 months (Participation) in several activities
- ☒ Multiple activities spanning college or medical school demonstrating dedication to cause
- ☐ Meaningful participation: leadership, director, or supervisor; Competitive fellowship (Peacecorps, Americorp)

NEXT

Please fill in all the fields above.



? APPLICANT



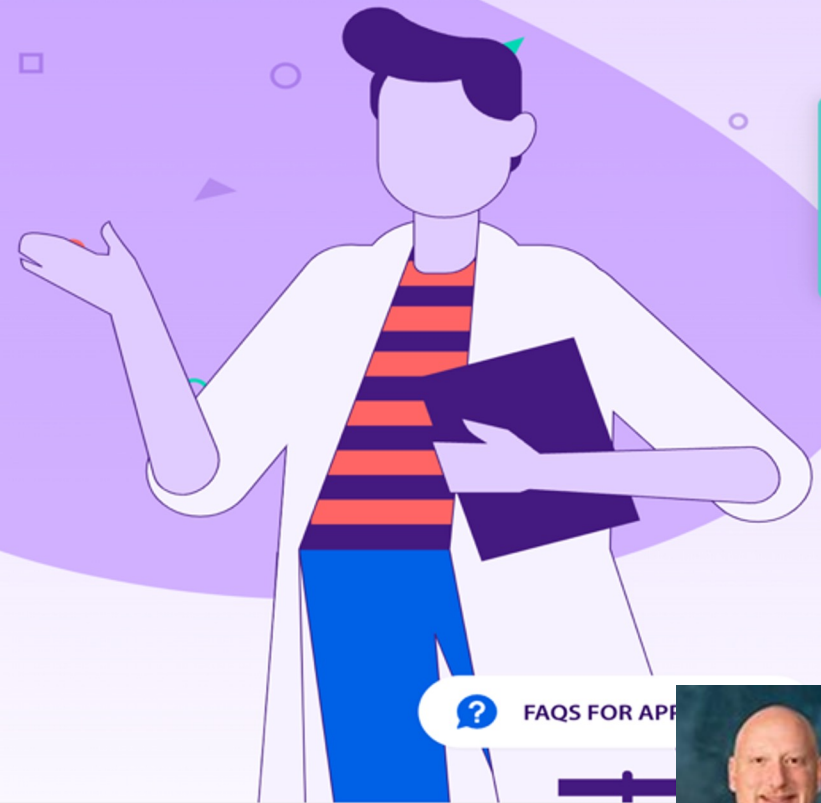
QUESTION 4 OF 6

# Background and Lived Experience

Individual characteristics and life experiences that demonstrate lived challenges and resiliency.

Please select all applicable characteristics:

- ☐ Neither parent attended college
- ☐ Financially disadvantaged
- ☐ English as a 2nd language
- ☐ Not born in the United States
- ☐ Raised by a single parent
- ☐ URM; racial/ethnic background is underrepresented in the medicine relative to the general population
- ☐ From a rural background
- ☐ I am a single parent
- ☐ Worked my way through college
- ☒ None of the Above



Give Feedback



FAQS FOR APP





# Results: List & Map View

**FREIDA™** Search Programs Explore Specialties Tools & Resources Program Director Portal Dashboard

## ACI Results

Clear Filters

Obstetrics and Gynecology X

Residency X

☒ Residency ☐ Fellowship

LOCATIONS

☐ New England (CT, MA, ME, NH, RI, VT)

☐ Mid Atlantic (NJ, NY, PA)

☐ East North Central (IL, IN, MI, OH, WI)

☐ West North Central (IA, KS, MN, MO, ND, NE, SD)

☐ South Atlantic (DC, DE, FL, GA)

Application Type

Program Type

Special Tracks

Showing 1 - 25 of 298 Results

**Danbury Hospital Program**

OBSTETRICS AND GYNECOLOGY

ACI SCORE: 96

EXPANDED LISTING

Accepting applications '23-'24

Community-based university affiliated

Will be accepting applications '24-'25

3 first year positions

4 years length

Danbury, CT

ID: 2200821055

**MedStar Health/Washington Hospital Center Program**

OBSTETRICS AND GYNECOLOGY

ACI SCORE: 96

EXPANDED LISTING

Accepting applications '23-'24

Community-based university affiliated

Will be accepting applications '24-'25

10 first year positions

4 years length

Washington, DC

ID: 2201031067

**OBSTETRICS AND GYNECOLOGY**

ACI SCORE: 91

EXPANDED LISTING

Accepting applications '23-'24

## ACI Results

Clear Filters

Obstetrics and Gynecology X

Residency X

☒ Residency ☐ Fellowship

LOCATIONS

☐ New England (CT, MA, ME, NH, RI, VT)

☐ Mid Atlantic (NJ, NY, PA)

☐ East North Central (IL, IN, MI, OH, WI)

☐ West North Central (IA, KS, MN, MO, ND, NE, SD)

☐ South Atlantic (DC, DE, FL, GA)

Application Type

Program Type

Special Tracks

VISAS ACCEPTED WHAT IS THIS?

☐ H-1B ☐ J-1

Map Satellite

OBSTETRICS AND GYNECOLOGY

University of Michigan Health System Program

Ann Arbor, MI

ID: 2202531132

ACI SCORE: 93

Map





West' orth Central IA, KS,  
MN, IMO, D, NE, SD)  
South Atlantic (DC, DE, FL,  
GA,

Apprcation  
Type ..

Program  
Type ..

Special  
Tracks ..

VISAS ACCEPTED WHAT IS THIS?

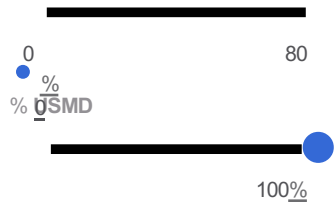
IH-1B J-1

ChllclCare Provided

TOTAL POSITIONS



TOTAL FIRST YEAR  
POSITIONS



% MG



## HCA Healthcare/Mercer University School of Medicine Program

Summerville, SC

ID: 2204500001

0 STETRICS A 0 GYN COIOGY

ACI SCORE: 98

## University of Central Florida/HCA Florida Healthcare (Pensacola) Program

Pensacola, FL

ID: 2201100082

Access members-only features: save programs, take notes & compare programs side-by-side

OBST TRICS A 0 GYN CO OGY

ACI SCORE: 98

## Brigham and Women's Hospital/Massachusetts General Hospital Program

Boston,  
MA

10:  
2202411125

Accepting app  
lications

'24-'25

Community-based  
university of affiliated  
applications  
'25-'26

3 first year  
positions

4 years length

Accepting  
applications  
'24-'25

Community-based  
university of affiliated

Will be acceptJng  
a.pphcat1ons '25-  
'26

311rst year positions

4 years len th

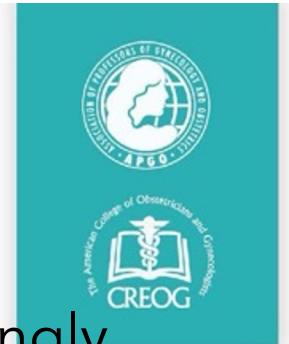
EXPANDED LISTING

Accepting app  
ications  
'24-'25  
University-based

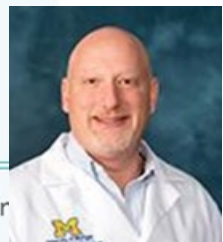
Win a accepting  
applications '25-  
'26  
first year  
positions  
4 yearslen th



# Alignment Check Index (2024-2025)

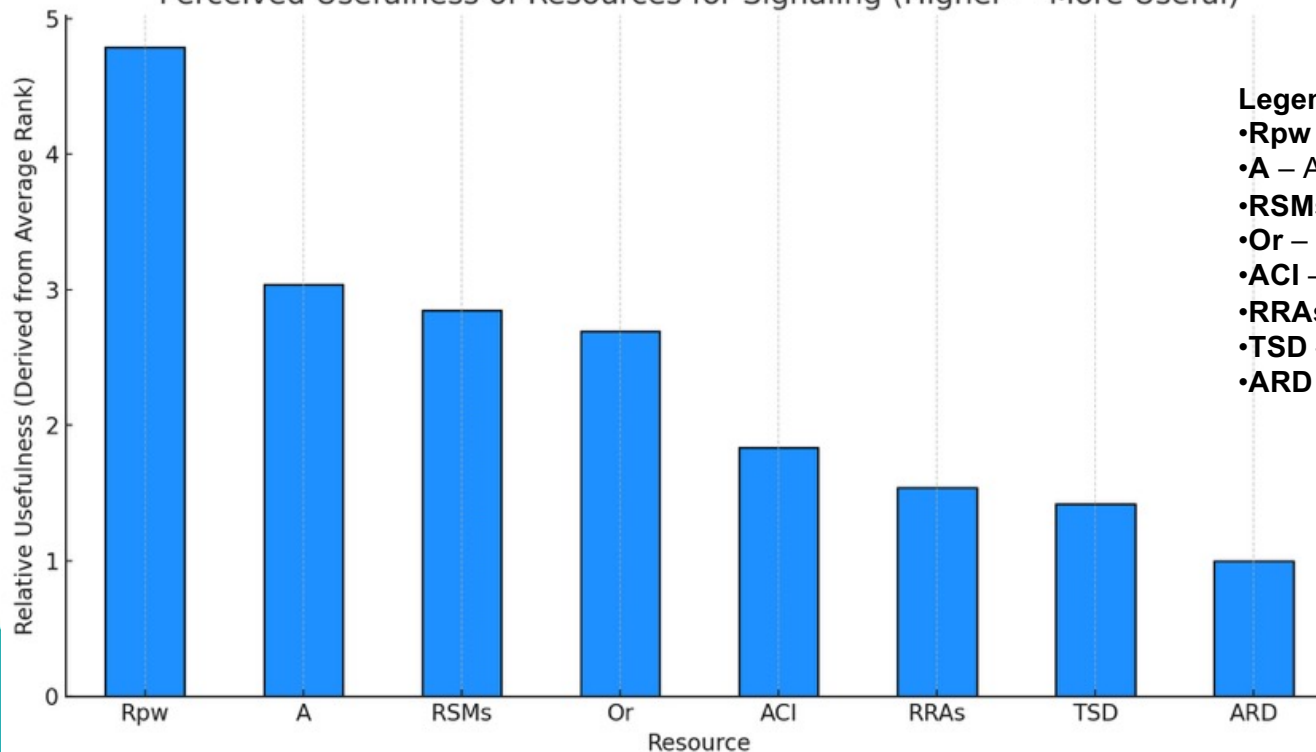


- 73% of applicants accessed the ACI (n=692)
- A total of 34.2% (170/497) of applicants agreed or strongly agreed that the Alignment Check Index helped them become aware of residency programs that were not previously on their radar
- Out of 497 respondents, 153 applicants (30.7%) agreed or strongly agreed that they applied to residency programs after using the Alignment Check Index that were not previously on their radar
- 104/497 applicants (20.9%) signaled a residency programs after using the Alignment Check Index that were not previously on their radar



# Usefulness of Resources Used by Applicants

Perceived Usefulness of Resources for Signaling (Higher = More Useful)



## Legend for Abbreviations:

- Rpw** – Residency Program Websites
- A** – Advisors
- RSMs** – Residency Social Media Sites
- Or** – FREIDA – Other Resources
- ACI** – FREIDA – Alignment Check Index
- RRAs** – Reddit Residency Applications Spreadsheet
- TSD** – Texas Star Data
- ARD** – APGO Residency Directory



# Alignment Insights

*What Is It and How Does It Work?*



# What Is Alignment Insights?

- **New tool** for OB-GYN ResidencyCAS applicants
- Shows how your application **aligns** with each program
- Uses data from **past applications and interviews**
- **Suggests programs** to consider where there is a strong alignment between you and the program

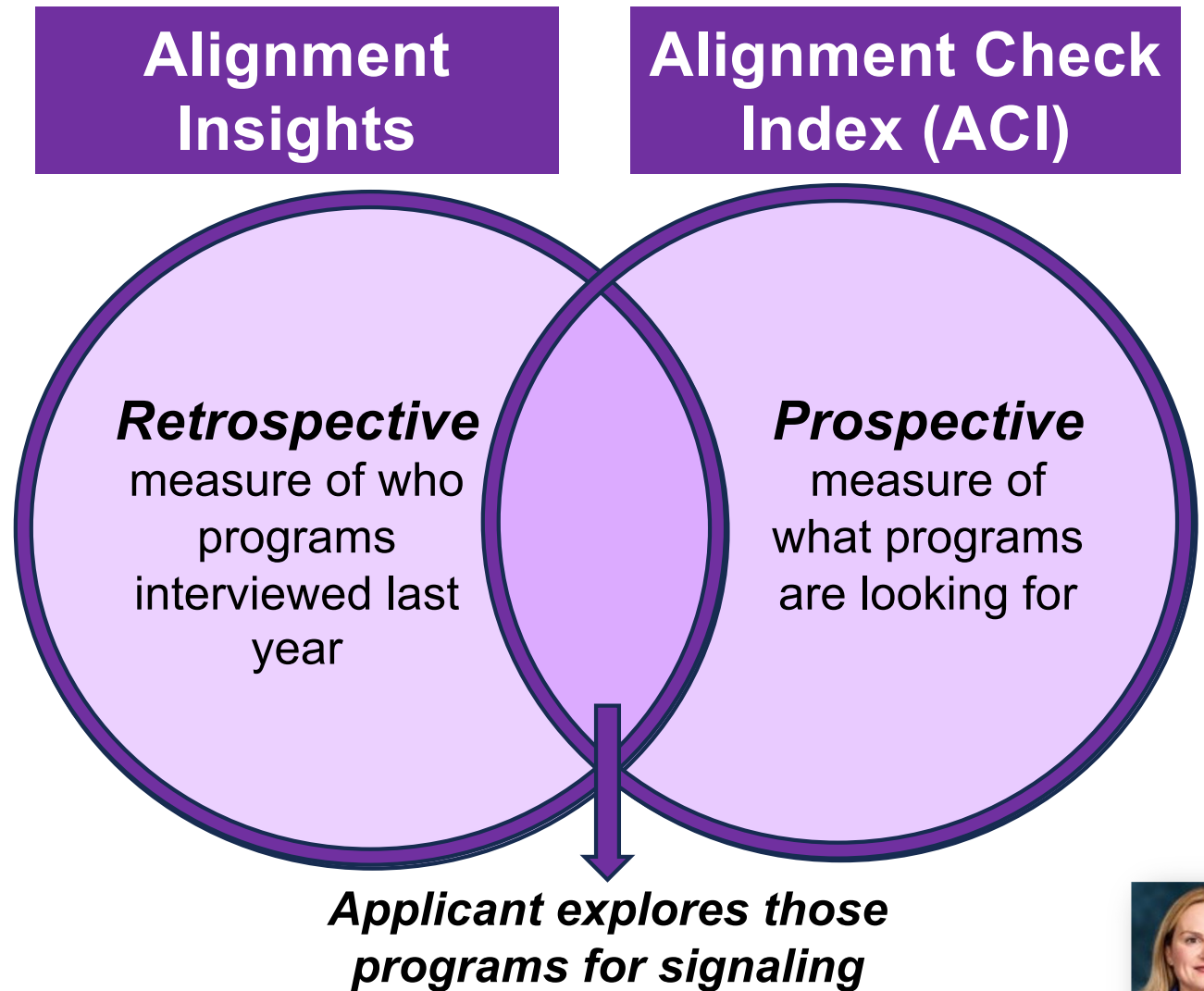


# How Alignment Insights Works

- You get a **one-time report** per application cycle
- **Each program rated:** *High, Medium, or Low* Alignment
- Looks at **over 20 factors** of your full application (not just **one** factor!)
- Likely to explain the **most impactful factors** for your alignment



# Alignment Insights *Complements* the ACI






## Process Timeline

- **Must *opt-in* in ResidencyCAS *after* you complete your application**
  - Full application data is needed for the **best results**
  - May receive a **missing data error** if key information is missing
- **Three** opportunities to receive your one-time report
  - **August 30**: First batch processing begins
    - Result available on 9/1
  - **September 6**: Second batch processing begins
    - Result available on 9/8
  - **September 13**: Final batch processing begins
    - Result available on 9/15










*Disclaimer: all designs are subject to change*


# Opt-In Directly in ResidencyCAS



RESIDENCYCAS  
CENTRALIZED APPLICATION SERVICE

Winston Smith  
CAS ID: 654054643





### Alignment Insights

If you would like to receive insights on your best-aligned programs, please opt-in below.

[LEARN MORE ABOUT ALIGNMENT INSIGHTS](#)

### WHAT'S NEXT?

Entering your colleges and universities attended is required for subsequent sections of the application. Enter them early to get a head start!

[ADD COLLEGES ATTENDED](#)

Entering your medical school is required for subsequent sections of the application. Enter them early to get a head start!

[ADD MEDICAL SCHOOL ATTENDED](#)

It can take some time for your {evaluations} to get completed.

[REQUEST \(EVALUATIONS\)](#)

### STATUSES

## Dashboard

### CAS Status

IN PROGRESS


RECEIVED

COMPLETED

VERIFIED

You application has been received and blah blah

### Personal Information



3/6 SECTIONS

Extended Profile

Alignment Insights

Biographic Information

Citizenship & Work Authorization

Race & Ethnicity

Other Information

Match Information

✓

✓

✓

✓


✓

⚠




Disclaimer: all designs are subject to change

# Check Status in ResidencyCAS



RESIDENCYCAS  
CENTRALIZED APPLICATION SERVICE

Winston Smith  
CAS ID: 654054643



Alignment Insights

Your Alignment Insights report is processing and will be ready on September 1, 2025.

UPDATE

WHAT'S NEXT?

Entering your colleges and universities attended is required for subsequent sections of the application. Enter them early to get a head start!  
[ADD COLLEGES ATTENDED](#)

Entering your medical school is required for subsequent sections of the application. Enter them early to get a head start!  
[ADD MEDICAL SCHOOL ATTENDED](#)

It can take some time for your {evaluations} to get completed.  
[REQUEST {EVALUATIONS}](#)

STATUSES

Fee Waiver

Dashboard

CAS Status

IN PROGRESS


RECEIVED

COMPLETED

VERIFIED

You application has been received and blah blah

Personal Information



3/6 SECTIONS

Extended Profile

Alignment Insights

Biographic Information

Citizenship & Work Authorization


Race & Ethnicity

Other Information

Match Information

*Disclaimer: all designs are subject to change*

# Open Results from ResidencyCAS



Winston Smith  
CAS ID: 654054643

Alignment Insights Report is Ready!

WHAT'S NEXT?

Entering your colleges and universities attended is required for subsequent sections of the application. Enter them early to get a head start!  
[ADD COLLEGES ATTENDED](#)

Entering your medical school is required for subsequent sections of the application. Enter them early to get a head start!  
[ADD MEDICAL SCHOOL ATTENDED](#)

It can take some time for your {evaluations} to get completed.  
[REQUEST \(EVALUATIONS\)](#)

STATUSES

Fee Waiver  
Granted

Professional Transcript Entry

Dashboard

CAS Status

IN PROGRESS

RECEIVED

COMPLETED

VERIFIED

You application has been received and blah blah

Personal Information

3/6 SECTIONS

Extended Profile

Alignment Insights

Biographic Information

Citizenship & Work Authorization

Race & Ethnicity

Other Information

Match Information

*Disclaimer: all designs are subject to change*

# View Alignment Insights Results

RESIDENCYCAS  
CENTRALIZED APPLICATION SERVICE

Your Program Alignments

Hi John,

Based on your application we've found the following programs that are best aligned.  
[Learn more about your alignment score.](#)

All

High

Medium

Low

No Score



**Program 1**  
Obstetrics & Gynecology

High

Alignment Insights Explanation  
1. Distance 2. USMLE/COMLEX Score 3. Applicant Type: USMD



**Program 2**  
Obstetrics & Gynecology

Medium

Alignment Insights Explanation  
1. First Generation Student 2. Distance



**Program 3**  
Obstetrics & Gynecology

Low

Alignment Insights Explanation  
1. Work Experience 2. Distance

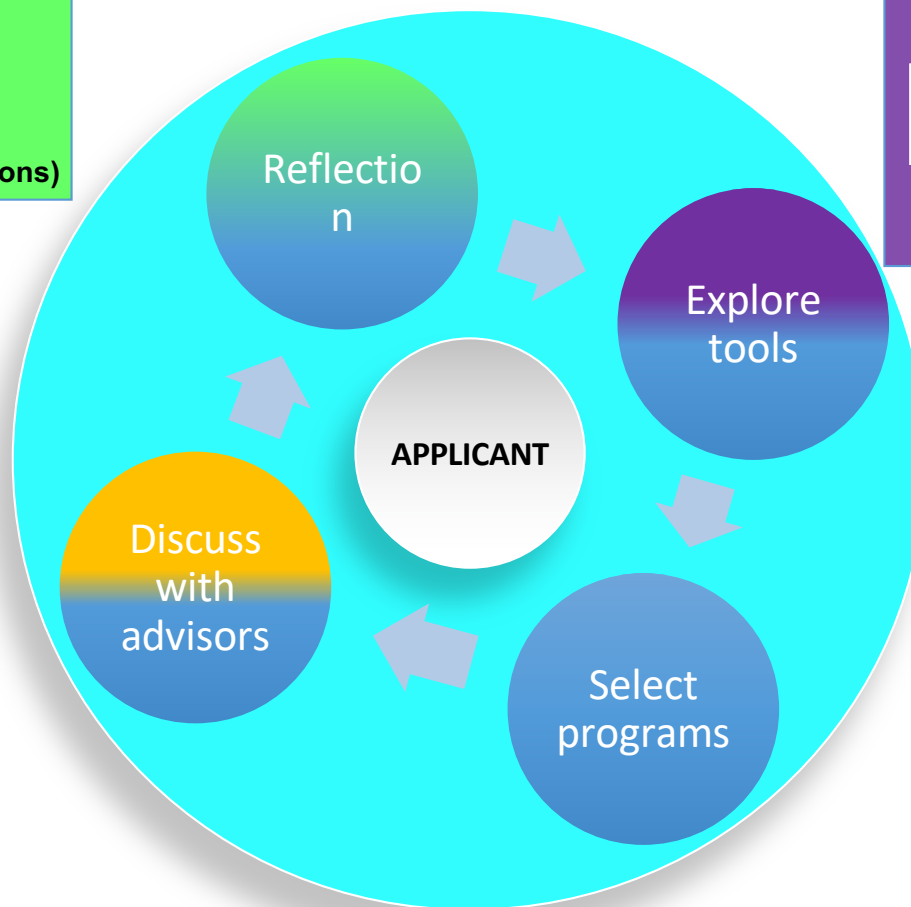



**Mission & Values**  
(Yours and the Residency Programs)


**Geography**  
(Your desired training location)


**Personal & Professional Goals**  
(Your fellowship or practice aspirations)

**Student Affairs**  
**Clerkship Directors**  
**Career Advisors**  
**Department Chairs**  
**Program Directors**  
**Faculty Mentors**

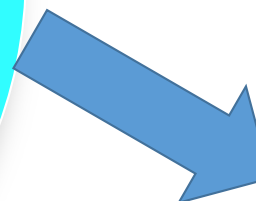


 **Residency Directory**

 **Alignment Check Index**

 **Alignment Insights**



**WHERE TO APPLY & PROGRAM SIGNAL**



# FAQs



1. Should I signal my home institution?

*YES (if you are interested in your home program)*

2. When should I signal programs during the application process?

*It will be integrated into the Residency CAS platform*

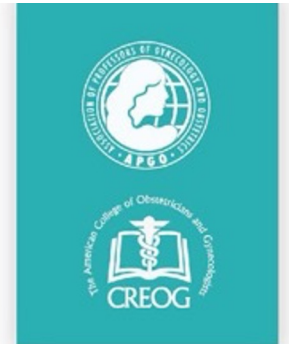
3. Should I only signal my top-choice program?

*Send signals to programs that you are genuinely interested, and where you believe signaling may make a significant difference*





# Fee Waiver- Up to 30 Programs



## Fee Waiver Program

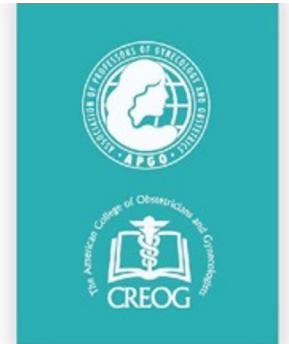
### Requesting a Fee Waiver

The ResidencyCAS Fee Waiver Program is designed to address financial disparities, empower applicants, and promote access to more opportunity across programs by covering the cost of up to 30 program submissions within a single specialty.

To request and qualify for a fee waiver, you must complete the [fee waiver form](#) and attach evidence confirming that you received a fee waiver for your medical school application process either from the Association of American Medical Colleges (AMCAS or MCAT) or the American Association of Colleges of Osteopathic Medicine (AACOM). If approved, you'll receive a fee waiver code that can be used for your selected specialty.



# Resident Experiences





# Q and A

