Residency Preference Signaling: A Guide for Applicants and Advisors

Questions to consider in your decision-making
❖ Do you have a preferred location or state?
❖ Do you have a preference for academic vs. community programs?
❖ Are you interested in an urban, rural, or other type of program?
❖ Is access to abortion care or other restricted services based on geography important to you?
❖ What values are important to you in a program?
❖ What are your “dream” programs”
❖ Given that there’s a strong relationship between signaling and getting an interview, a strong signaling list should include some less selective programs. Based on this, which other programs are you considering?
❖ Have you done/Are you going to do any away rotations?
❖ Did you use the FREIDA ACI to determine if your values align with programs you are considering?

Questions to encourage reflection on your application profile
❖ Do you have any research experiences?
❖ Are you interested in fellowship?
❖ How do you consider the selectivity of programs on your list?
  ➢ Traditional metrics such as clerkship grades, test scores
  ➢ Reputation of medical school
  ➢ Research and work experience
❖ What is the focus of your personal statement?
❖ Are you couple’s matching?
❖ Have you had any interruptions in training?
❖ Have you ever applied to residency before?
❖ Do you have a backup plan if you don’t match into Ob/Gyn?