

SOAP Prep Session

UW SCHOOL OF MEDICINE

Career Advising, Family Medicine, Internal Medicine,
Emergency Medicine, General Surgery, & Student Affairs

February 3, 2025



UW Medicine

Agenda

- Upcoming SOAP Webinars of interest
- Framing Remarks: Tonja Brown and Cliff Kelly
- SOAP Support Team Introductions
- Career Advising for SOAP Planning
- SOAP & Match Week Schedule
- Logistics: NRMP & Application Systems
- Advice from Specialty Career Advisors: FM, IM, EM, General Surgery
- Student Q&A (recording will stop for this portion)

National SOAP Prep Information for Applicants

The NRMP in conjunction with ERAS, CentralApp, and ResidencyCAS is in process of recording an information session on the SOAP schedule, logistics and process.

Recording will be available in mid-February

You will receive an email from NRMP when the video is posted

Recording will be posted at nrmp.org/residency-applicants/soap/



We strongly encourage each of you to review this material when it becomes available!

National SOAP Prep for OBGYN Applicants

ACOG will host an info session on SOAP logistics and processes for OBGYN applicants.

Wednesday, February 5, 2025

3 pm PT

[Please click here to register for the webinar](#)

We strongly encourage OBYGN applicants to attend!

ASSISTANT DEAN FOR STUDENT DEVELOPMENT

Dr. Maya Sardesai

Emails: sardesai@uw.edu & include
adminsa@uw.edu

Big Picture:

Yes, the idea of SOAP may feel scary, but...

You will still be the great physician you wanted to be.

You can still pursue the fundamental motivations that brought you to medicine.

We have all worked with physicians who have gone through SOAP and haven't known it.

Main Take Homes:

You are not alone in this process.

You have available to you a large team of experts here who want to help!

Make use of these resources!

If you were to go unmatched you are not
alone in this process

We are all here to support you!

SOAP Support Team

- Dr. Maya Sardesai, Assistant Dean for Student Development
- Specialty Career Advisors
- Career Advisors (Linh Ngo, Sarah Thomson, Tonja Brown)
- General Student Affairs (Sarah Wood)
- Counseling Services (Cliff Kelly, Darren Fisher, Satoko Takeda)
- College Faculty
- Regional Deans
- Others in Your Life

COUNSELING & WELLNESS

Cliff Kelly, Darren Fisher, Satoko Takeda, Emily Irwin

UWSOM Student Wellness & Counseling Services Staff

Emails: ckelly70@uw.edu, fisherda@uw.edu, staked@uw.edu, eirwin5@uw.edu

Website: education.uwmedicine.org/student-affairs/counseling-wellness

Before SOAP Week

- UWSOM Student Counselors are available to help students to develop a support plan on how to best navigate this stressful week.

During SOAP Week

- Our team will be available in person and virtually to help support students with emotional and mental health needs.

Helpful Tips for Navigating SOAP

- Hope still exists and requires action. Nothing is over!
- SOAP is not a process to tackle alone. Isolation is not an effective solution.
- Daily check-ins by connecting to the rest of the world is important.

For Support, please email any of our team.

STUDENT AFFAIRS

Sarah Wood

Director of Student Affairs

Email: sewood@uw.edu

- I provide logistics support for the SOAP and match processes
- I communicate with clerkships, college faculty, deans, and advisors to excuse students from clerkships and coordinate SOAP support
- I plan the Seattle match ceremony

ASSISTANT DEAN FOR STUDENT DEVELOPMENT

Dr. Maya Sardesai

Emails: sardesai@uw.edu & include
adminsa@uw.edu

Before SOAP Week

- SOAP planning & strategy
 - Exploring options like expansion +/- research v.s. prelim year

During SOAP Week

- Support for students throughout week
 - Connecting with SCAs as needed
- Available to meet/chat as needed

Any Time!

- Students can schedule a meeting using this link: <https://uwsom-studentaffairs.as.me/schedulesardesai> or by emailing adminsa@uw.edu if you need a sooner appointment

CAREER ADVISING

Sarah Thomson, Linh Ngo

& Tonja Brown, Career Advisors

Beth Hasseler, Program Operations Support

Email: medadv@uw.edu

Website: education.uwmedicine.org/career-advising/applying-to-residency/soap

[Schedule a meeting with Career Advising](#)

BEFORE SOAP WEEK

Schedule a meeting with your Career Advisor in **February** to:

- Talk through your options and plan if you are concerned about matching
- Reflect on your career goals; think through SOAP application strategies
- We can review new drafts of Personal Statements and strategize with you on Letters of Rec.

During SOAP Week

- Each student will talk with their career advisor for 1-1 advising on Monday and check ins will happen throughout the week
- We offer mock interviews Mon.-Wed. Strongly recommend all students participate
- We are here to help students navigate this process. We send daily emails and resources.

What is SOAP?

SOAP is not another Match

Applicants apply to programs using the application service designated by the program

Programs review applications and contact applicants of interest. Programs then create preference lists of applicants in the NRMP's R3 system

Unfilled positions are offered to eligible applicants on the program's preference list in a series of four rounds

Positions offered and accepted constitute a binding commitment under the Match Participation Agreement

SOAP & Match Week Schedule

nrmp.org/residency-applicants/soap/

- SOAP runs Monday, March 17-Thursday, March 20. Match Day is Friday, March 21.
- All unmatched students are excused from clerkships to participate in SOAP.
 - Student Affairs will communicate with the clerkship director and administrator (who will then inform the site).
 - Clerkship director determines if and when students will make up the missed clinical duties.
- Career Advisors will be available to support students throughout the week during business hours (8am-4:30pm PT).
- Daily emails will be sent to guide students through the process.

SOAP & Match Week Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7am PT: Applicants notified of their match status; list of unfilled programs is available in NRMP R3 system</p>	<p>5am PT: Applications released to programs</p>	<p>Interviews continue</p>	<p>6-8am PT: Offer round #1</p>	<p>9am PT: match results released online & at school ceremonies</p>
<p>7:45am PT: Zoom/Conference call for all unmatched applicants & advisors</p>	<p>Interviews begin and continue through the day</p>		<p>9-11am PT: Offer round #2</p>	
<p>8am PT: Application systems open to applicants – no communication with programs is allowed</p>	<p>No one may contact a program on a student's behalf for any reason, including for research, until the program contacts the student</p>		<p>12-2pm PT: Offer round #3</p>	
<p>All Day: Consult with advisors; connect with mentors and counselors; conduct mock interview</p>			<p>3-5pm PT: Offer round #4</p>	
			<p>6pm PT: SOAP ends; list of unfilled programs available</p>	

SOAP & Match Week Schedule

Monday

7am PT: Applicants notified of their match status; list of unfilled programs is available in NRMP R3 system

7:45am PT: Conference call for unmatched applicants & advisors

8am PT: Application systems open to applicants – no communication with programs is allowed

All Day: Consult with advisors; connect with mentors and counselors; conduct mock interviews

- Students are excused from clerkship responsibilities to check their match status.
- Match statuses will be available in the NRMP R3 system and via email.
 - *Congratulations! You have matched!*
 - *Congratulations! You have matched to a one year position.*
 - *Congratulations! You have matched to an advanced position but not a first year position.*
 - *We are sorry, you did not match to any position.*
- 7:45am PT: UWSOM hosts a Zoom meeting/conference call for unmatched applicants and advisors at – all unmatched applicants should join this call
- 8am PT: Application systems open, however unmatched applicants should wait to apply until later in the day and **only** after they have consulted with specialty & career advisors

SOAP & Match Week Schedule

Tuesday	Wednesday
5am PT: Applications released to program	Interviews continue
Interviews begin and continue through the day No one may contact a program on a student's behalf for any reason, including for research, until the program contacts the student	

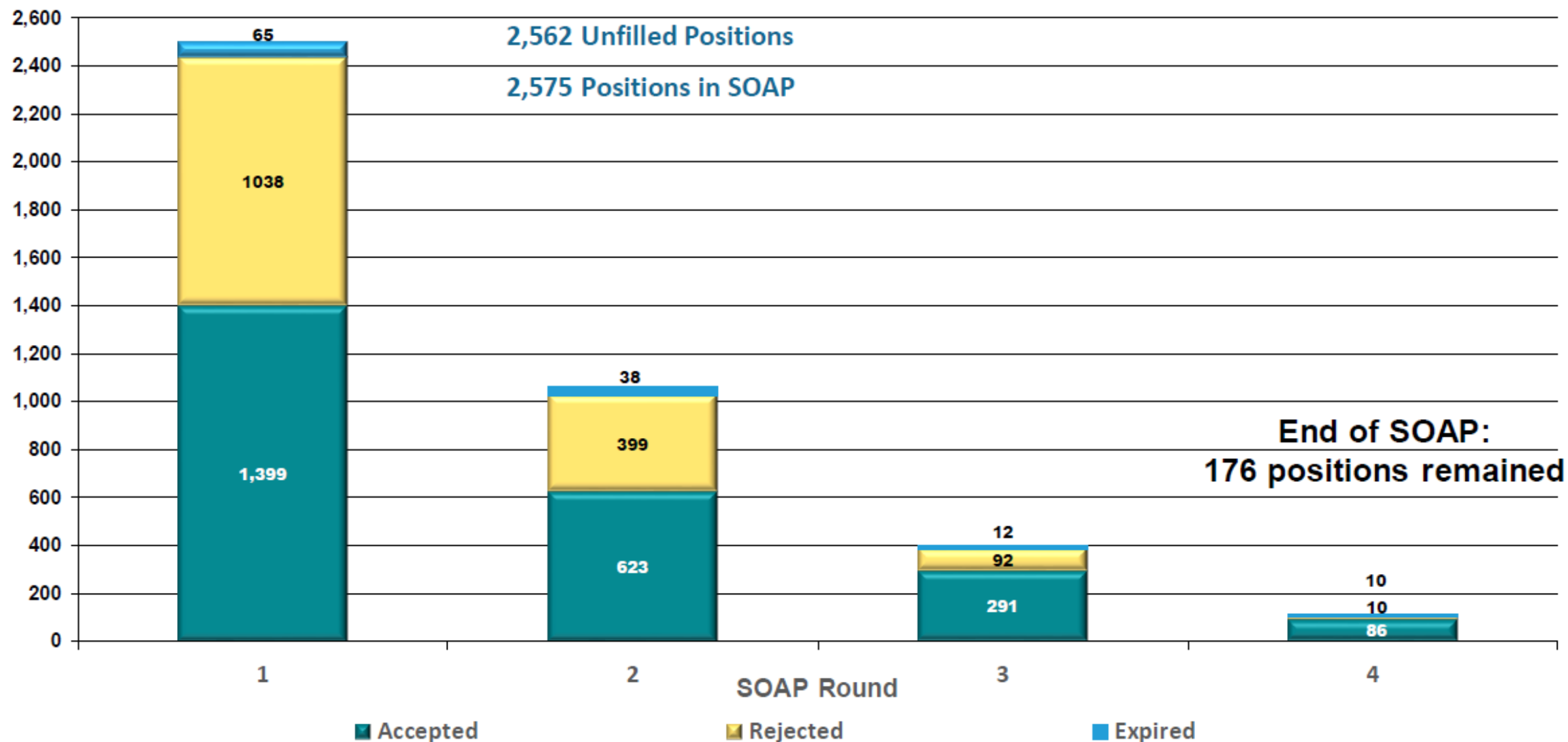
- Applications are released to programs very early on Tuesday.
- Applicants should be prepared to interview via phone or Zoom at any time on Tuesday and Wednesday.
- **No one may contact a program on your behalf until a program initiates contact with you.**
- No offers or commitments can be extended during this time.

SOAP & Match Week Schedule

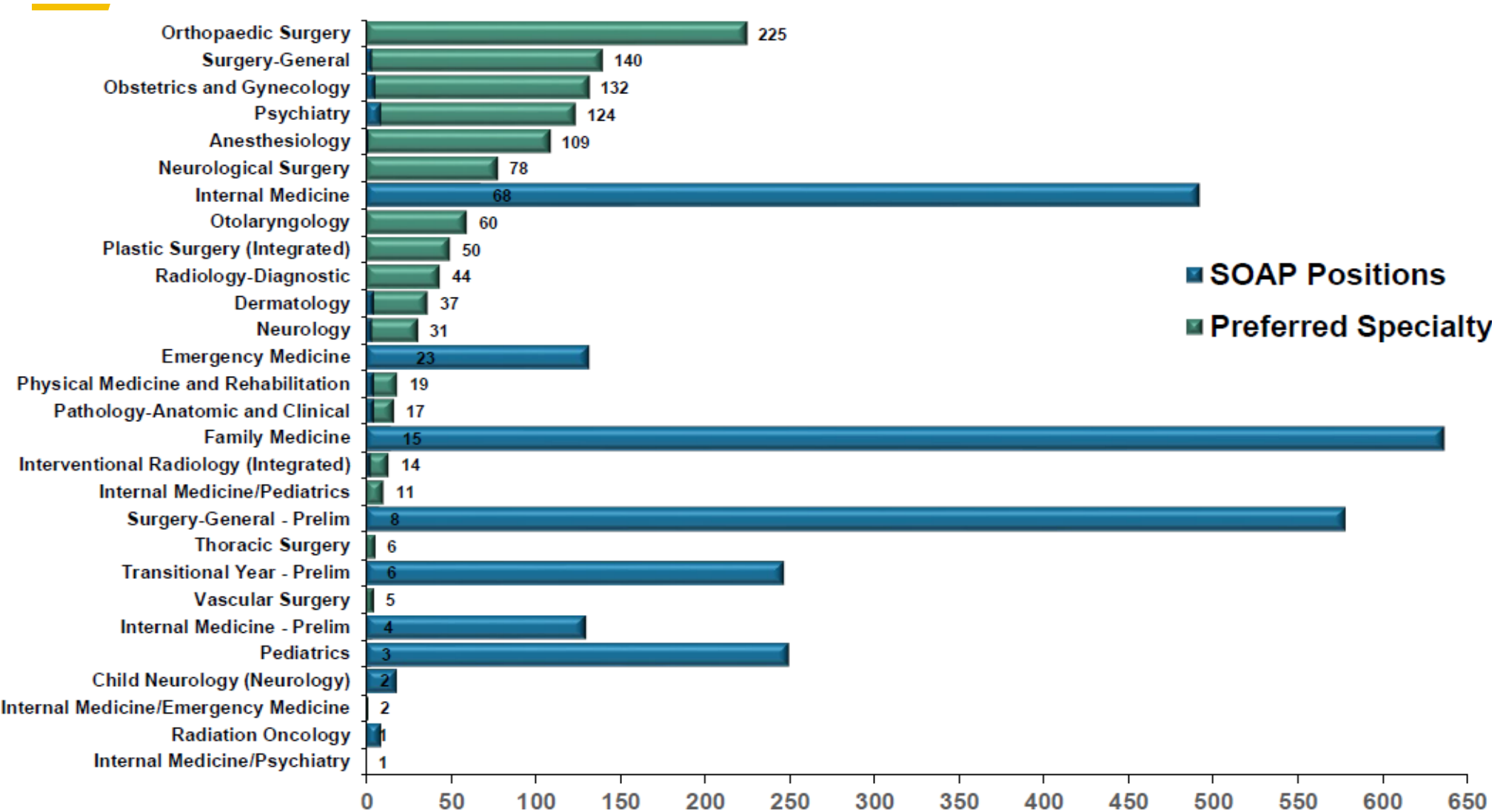
Thursday
6-8am PT: Offer round #1
9-11am PT: Offer round #2
12-2pm PT: Offer round #3
3-5pm PT: Offer round #4
6pm PT: SOAP ends; list of unfilled programs available

- Applicants do not submit rank lists during SOAP.
- Offers are extended via the NRMP R3 system. Applicants receive a notification once all offers have been extended.
- Applicants may receive more than one offer.
- Applicants have until the end of the round to make a decision to accept the offer. All offers expire at the end of the round – they do not carry over into the next offer round.
- Once an offer is accepted, it is contractually binding.

2024 SOAP: Positions Offered & Accepted by Round



Available Positions in SOAP 2024, Compared to Preferred Specialty of Unmatched MD Senior Applicants



- Specialties Most Commonly Available in SOAP:**
- FM
 - Preliminary Surgery
 - Categorical IM
 - Pediatrics
 - Transitional Year (1 year)
 - EM
 - Preliminary IM

NRMP Logistics

nrmp.org/residency-applicants/soap/

- There is no separate **NRMP** registration or fee to participate SOAP. There may be additional application fees through the application systems.
- During the SOAP process, applicants do not submit a rank order list.
- Applicants can view the list of unfilled programs they are **eligible for** in the **NRMP R3** system under the “SOAP” tab.
 - Only unmatched applicants will be able to view this list.
 - In NRMP, applicants will see only those programs that they are eligible for (e.g., categorical, or prelim or advanced only)

Unfilled Programs

Reproduction is prohibited without the written consent of the NRMP ©.

Specialty	Unfilled Programs	Unfilled Positions	Specialty	Unfilled Programs	Unfilled Positions
Anesthesiology - B	2	4	Pathology-Anatomic and Clinical - C	8	10
Child Neurology - A	1	1	Pediatrics - C	27	80
Child Neurology - C	12	14	Pediatrics - M	1	1
Child Neurology - R	8	8	Pediatrics - P	2	2
Dermatology - A	2	3	Pediatrics/Medical Genetics - C	1	1
Dermatology - C	1	2	Physical Medicine and Rehabilitation - A	1	2
Dermatology - B	3	3	Physical Medicine and Rehabilitation - B	2	6
Emergency Medicine - C	67	217	Psychiatry - C	9	14
Family Medicine - C	176	468	Radiation Oncology - A	20	26
Internal Medicine - C	88	451	Radiation Oncology - C	1	1
Internal Medicine - M	3	10	Radiation Oncology - R	2	2
Internal Medicine - P	46	140	Radiology-Diagnostic - A	1	1
Neurology - C	7	11	Radiology-Diagnostic - C	1	1
Neurology - R	5	5	Radiology-Diagnostic - R	1	1
Obstetrics and Gynecology - C	3	4	Surgery-General - C	3	3
Obstetrics and Gynecology - P	7	10	Surgery-General - P	145	537
Osteopathic Neuromusculoskeletal Medicine - C	2	3	Transitional Year - P	44	218
Osteopathic Neuromusculoskeletal Medicine - R	1	2			

Unfilled Programs



California	Program Code	ACGME Code	Currently Unfilled
UC San Diego Med Ctr-CA Emergency Med/Military Leslie Oyama	1049110C1	1100521080	1
Michigan	Program Code	ACGME Code	Currently Unfilled
Garden City Hospital-MI Emergency Medicine Hao Nguyen	2106110C0	1102500211	0

Details to Pay Attention To When Reviewing Programs

Oregon Health & Science Univ
Med-Prelim/Neurology
Edward Kim

UC San Diego Med Ctr-CA
Emergency Med/Military
Leslie Oyama

LSUHSC-Shreveport-LA
Family Med/N Caddo
Luke Baudoin

Medical College of Georgia
Int Med/Research Clinician
Alyce Oliver

Application System Logistics

nrmp.org/residency-applicants/soap/

- 3 application systems are participating in SOAP 2025: ERAS, ResidencyCAS for OBGYN & Central App for Plastic Surgery
- For each application service, if you applied to at least 1 residency program for the 2025 match using that service by Monday, 3/17/25, you will not pay any additional application fees during SOAP.
- If you did not apply to at least 1 program in an application service by Monday, 3/17/25, and you are eligible for SOAP, **you will be charged a fee of \$99 for each application service you wish to use (plus an additional \$80+ tax fee for USMLE transcripts).**
- Applicants will have up to 45 applications to use in each application service. Note: Not all application services may have 45 unfilled programs available in SOAP.

Application System Logistics

nrmp.org/residency-applicants/soap/

- In the application systems, you will be able to see ALL of the unfilled programs including programs that you are **not eligible for**.
 - You should refer to the NRMP list of unfilled programs when reviewing your options.
 - When applying, you need to pay close attention to the program codes so that you select only programs that you are eligible for.
 - If you apply to a program that you are not eligible for, you cannot retract the application and you will “waste” one of your 45 applications.
- If you are partially matched (e.g. you matched to a prelim program), you cannot “drop” your current match in order to pursue a categorical position.
- If you applied to a program during the regular season, the program now has an opening in SOAP, and you are eligible for the program, it is appropriate to reapply during SOAP.

Application Updates to Make Prior to SOAP Week

If your backup plan includes applying to another specialty in SOAP:

- Create new Letter of Recommendation slots and have your letter writers upload their letters (if applicable)
- Upload any new Personal Statements
- If you plan to update your transcript, order it by Wednesday, March 12. It will not be possible to update your transcript during SOAP week.
- Have all new docs uploaded to the application system(s) before Monday, March 17
- A note to OB/GYN & Plastic Surgery applicants: Start your ERAS application now if your backup plan includes any specialties other than OB/GYN or Plastic Surgery

FAMILY MEDICINE

Tomoko Sairenji, MD

Rachel Ellenbogen, MD

Robin Christian, MD

Family Medicine Career Advisors

Emails: sairenji@uw.edu; rle9@uw.edu; rchrist1@uw.edu

Website for Resources:

familymedicine.uw.edu/education/advising/apply

Make an appointment with a FM Career Advisor **ASAP** if SOAP plan includes FM by completing the [advising form](#) (fill out ALL sections; log in with UW Net ID)

What can you do now?

- Think about why FM. This is the most important question. It will come up in interviews and you should be able to answer it genuinely. Be prepared to commit to FM residency if you should match into it through SOAP.

Tips for updating Personal Statement and LORs for FM:

- Rewrite your PS for FM (tips [here](#)). If you are new to FM, tell your story about how you got there. Have several people review it. We can too if it's sent by 3/10/25.
- Get 3 LORs that are specific to a FM application.

What do you do on March 17?

- Email sairenji@uw.edu ASAP in the morning and we will set up a time to meet.

[One-pager for Family Medicine SOAP Prep](#)

Family Medicine, Continued

- Try to envision yourself as a family physician and be able to communicate your vision
- You will be assigned a FM career advisor as a point person, but we will work as a team
- Please expect us to touch base with you on a daily basis during SOAP week

INTERNAL MEDICINE

Jenny Wright, MD

Director, Medicine Student Programs

Ruth Sanchez

Assistant Director, Medicine Student Programs

Website: imstudents.uw.edu

Emails: sonic@uw.edu and ruths7@uw.edu

We are here to help!

What can you do now?

- If you originally applied to IM:
 - No new materials needed
- If you didn't originally apply in IM:
 - Reflect on your interest in applying to a prelim year and/or a 3-year categorical IM program
 - Email us, include your internal record and CV
 - Revise your personal statement to be IM-related
 - Get at least one letter of recommendation from an IM physician & upload to ERAS

Tips for updating Personal Statement and LORs for IM:

- Describe why you are now applying to IM
- Ruth can review your PS – send by 3/10/25

What do you do on March 17?

- Contact Dr. Wright and Ruth ASAP and we'll arrange a time to talk

Important Info: [SOAP Prep Handout for Students Planning to Apply to IM, MED/Combo, or Prelim Medicine Programs During SOAP](#)

Internal Medicine, Continued

- Prepping for SOAP is just that – preparing. It does NOT mean you won't match!
- Don't hesitate to reach out now. The earlier you start the calmer you will remain.
- We are here to help you. You have access to a team with several decades of advising experience – take advantage of it.

EMERGENCY MEDICINE

Caitlin Schrepel, MD

Max Griffith, MD

Directors, Student Advising

Alexis Rush

Manager, Education & Training Programs

Emails: caipsch@uw.edu, maxgrif@uw.edu &
rusha@uw.edu

What can you do now?

- Think about why you want to SOAP into EM. Be thoughtful about what a career in EM means to you and what skills you have that would make you a good fit for EM.

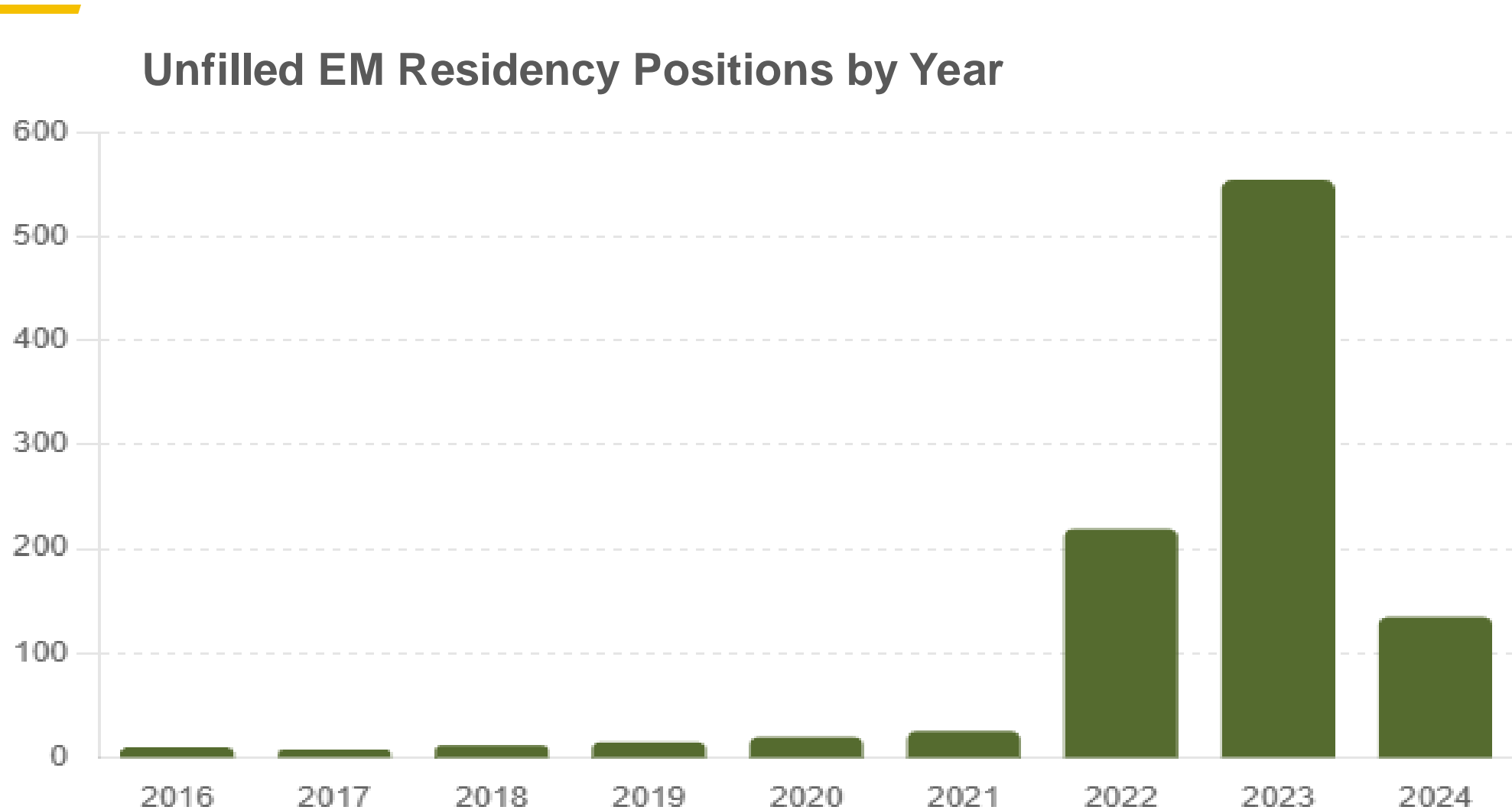
Tips for updating Personal Statement (PS) and LORs for EM:

- Update your PS to focus on why you are interested in EM. Include 1 – 2 sentences that describe your other specialty plan and why you are now applying to EM and are excited about it.
- If EM was your original plan, re-emphasize why you are dedicated to EM and address any "red flags."
- Ideally, obtain at least 2 LOR that are EM focused.
 - If planning ahead for possible SOAP in EM, reach out to us ASAP so that we can discuss the best LOR plan, which may include a Standardized Letter of Evaluation (SLOE).
 - If you decide on March 17th to SOAP into EM, reach out immediately and we can help you strategize on which LORs to use.

What do you do on Monday, March 17?

- Contact Dr. Schrepel, Dr. Griffith and Alexis immediately so we can help

Emergency Medicine, Continued



GENERAL SURGERY

Kristine Calhoun, MD

Clerkship Director/Specialty Advisor

Roger Tatum, MD

Associate Clerkship Director/Specialty Advisor

Judy Chen, MD

Associate Clerkship Director/Specialty Advisor

Kristen Seiler

Medical Student Programs Manager

Emails: calhounk@uw.edu, rtatum@uw.edu,
jycm@uw.edu, surgstus@uw.edu

What to do now:

- **If you originally applied to General Surgery:**
 - Plan to use your current PS and letters
 - At most put in a statement of why you still intend to apply to Surgery
 - Start planning a response to this question:
 - "Why do you think you did not match?"
- **If you originally applied to another surgical field:**
 - Reach out to Dr. Calhoun & Kristen NOW with requested info (Step scores including any Step fails, Surgery grade, all other required clerkship grades, CV)
 - Re-work your PS to reflect "why General Surgery"
 - Plan to use your same letters
- **If you originally applied to a non-surgical field:**
 - Reach out to Dr Calhoun NOW with requested info (Step scores including any Step fails, Surgery grade, other grades, CV)
 - Re-work your PS to reflect "why General Surgery" AND be prepared to explain your switch
 - Plus/minus on new Surgical letters (not as critical)

What do you do on Monday, March 17?

- Send one email that includes Drs. Calhoun, Tatum, Chen, and surgstus@uw.edu and we will reach out to set up a time to meet.

Important Reminders for SOAP Week

- Review resources (including this recording) so you are prepared logistically and **emotionally** for the possibility of SOAP
- In advance of SOAP, identify who will be on your support team if SOAP happens. Stay in communication with these people (advisors included) throughout the week
 - With their guidance, where possible, map out a tentative plan with if/thens
- Ensure you have reliable internet/phone connection; don't be in a remote area; clear your personal calendar
- Communicate with your advising team on Monday morning – don't ghost anyone!
- Give yourself some time on Monday morning to grieve, then quickly move to action. Time is of the essence. You may need to compartmentalize your emotions
- Make decisions in consultation with your advisors and support teams
- Alert the advisors for every specialty that you applied to during SOAP, especially if you get interviews in that specialty

You have a large, experienced support team
here at UWSOM

We are here for you!