

# Student Affairs CaRMS Support Services for Med 4 Students

Complete CaRMS R-1 Main Residency match Timeline and more available on the [CaRMS Website](#)

## 1. Preparing for CaRMS - PIER 3

- Overview of CaRMS Requirements and Deadlines
- Student Affairs Support including CV and Personal Letters
- Financial resources
- Overview of UGME supports and MSPR

## 2. Lead up to CaRMS - PIER 3

- Program Directors discuss what they look for in applicants
- The importance of the interview and how to stand out during application

## 3. CaRMS from the Other Side - PIER 3

- Overview of CaRMS statistics and info on parallel planning
- Resident Panel around methods and strategies for CaRMS

## 4. CaRMS Online Opens for Applicants

10 September 2025 - 12PM (ET)

[Click for Application Link on CaRMS online portal](#)

## 5. Preparing a CV sessions

October 2025

A detailed session on creating a CV that will support your CaRMS application

## 6. Individual CV Review

SUBMIT BY: 31 October 2025

All students can email their CV for review to

[DMNB - Renea Leskie](#)

[DMNB - Rebecca Comeau](#)

[DMNS - Rigel Biscione Cruz](#)

[DMNS - Tyler Hall](#)

## 7. CaRMS Program Selection Opens

16 October 2025 - 12PM (ET)

## 8. Individual Personal Letter Review

SUBMIT BY: 3 November 2025

All students can submit their personal letters for review in advance to:

[DMNB - Dr. Lisa Sutherland](#)

[DMNS - Tyler Hall](#)

## 9. CMA Interview Prep Program

Video guide provided by the Canadian Medical Association

[Complete Resource Here](#)

## 10. CaRMS Applications Due

27 November 2025 - 12PM (ET)

## 11. Interview Preparation Q&A, by Student Affairs

December 2025

## Mock Interview Period

DMNS - 9-19 December 2025

DMNB - 8-12 December 2025

All students can do at least 2 mock interviews with various staff and alumni to help prepare for the interview period

## 12. CaRMS Interview Period

17 January 2026 - 8 February 2026

## 13. Rank Order List Meetings

17 January - 19 February 2026

All students can meet with Student Affairs to discuss rank order selection and strategy

## 14. Rank Order List Due

19 February 2026 - 3PM (ET)

## 15. Pre-CaRMS Match Day

2 March 2026 - 12PM (ET)

## 16. CaRMS Match Day

3 March 2026 - 12PM (ET)

## 17. CaRMS 2nd Iterations Applications Due

17 March 2026 - 12PM (ET)

## 18. CaRMS 2nd Iteration Match Day

21 April 2026 - 12PM (ET)