

Supporting Medical Learners: CaRMS Match Day

Many faculty are keenly involved providing support and mentorship to medical learners. As CaRMS First Iteration Match Day approaches, learner stress levels peak in anticipation of results.

- ❖ Students not matching to desired discipline may feel they let down mentors, feel shame*
- ❖ Match results require time to process and adapt to
- ❖ Students may need time to share this outwardly with family, friends, classmates, mentors

What we know:

- CaRMS is highly stressful competitive process requiring a tremendous amount of work for learners
- Student Affairs and UGME provide individual and class-wide guidance and support throughout and post matches including Student Affairs directly contacting any unmatched learners as results are available.

If you are in the presence of a medical learner on or post Match Day, some considerations:

- Frame your communication based on your relationship with the learner.
- If you worked very closely with them, the student would likely let you know the result.
- Students are sensitive to classmates and concerned about others, be mindful of confidentiality in discussions.
- For learners you don't know well, be sensitive in conversation and prepared to remind a learner of supports. Contact us: **Student Affairs Office - Dalhousie University**

Avoid: *“was that your first choice?”, “you must be so thrilled”- even that is tricky, we presume any match is super news, and it is, but...*

Suggestions: *“I understand match day took place, how are you doing with your news?”. “Getting your match news is a lot to take in, I hope that goes really well for you, let me know if you want to talk things over”*

Potential Match Day Scenarios

Matched:

- Many students match to the discipline of choice and often to program/location of choice
- Some students may not match to discipline of choice, and /or not match to program/location of choice and may need some time to adapt to the result.

Not matched:

- Some students may not match in the first iteration and have approximately three weeks to apply to the second iteration. This can involve a significant pivot in plans and support from mentors, and Student Affairs.
- Students unmatched in the second iteration may apply for med 5 with Dalhousie, with more elective time and return to the match the following year. This is another huge adjustment for learners to adapt to and again support from mentors, Student Affairs and UGME collectively is key.