



## **Student Affairs CaRMS Support Services for Med 4 Students**

### **Introduction to CaRMS Application Process**

#### **– PIER 3**

- Resident Panel around applying to CaRMS, tips & tricks
- Overview of MSPR, Personal Letters, and CVs

### **CaRMS Continued**

#### **– PIER 3**

- Parallel Planning and M5 processes
- Resident Panel around 2nd iteration and M5

### **Program Director Panel**

#### **– PIER 3**

- Program Directors discuss what they look for in a good resident
- Tips on how to stand out in application

### **CaRMS Online Opens for Applicants**

#### **– September 20, 2023**

- <https://www.carms.ca>

### **Preparing a CV Session**

#### **– Early October**

- A detailed session on how to create a CV that will help support your CaRMS application

### **Individual CV review**

#### **– Anytime prior to November 1, 2023**

- All students can submit their CV for review in advance of the deadline to:  
DMNB, [Renea Leskie](#)  
DMNS, [Rigel Biscione Cruz](#) or [Tyler Hall](#)

### **CaRMS Program Selection Opens**

#### **– November 1, 2023**

### **Individual Personal Letter Review**

#### **– Anytime prior to November 6, 2023**

- All students can submit their personal letters for review in advance of the deadline to:  
DMNB, [Dr. Lisa Sutherland](#)  
DMNS, [Dr. Sue Zinck](#)

### **CMA interview Prep Program**

**– November – December**

-<https://www.cma.ca/resources-medical-students/carms-prep>

### **CaRMS Applications Due**

**– December 1st**

### **Interview Preparation organized by SA**

**– December – January**

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

### **CaRMS Interview Period**

**– January 15 – February 4, 2024**

### **Rank Order List Meetings**

**– January – February**

-All students can meet with student affairs to discuss rank order selection and strategy

### **CaRMS Match Day**

**– March 19, 2024**

### **CaRMS 2nd Iteration Match Day**

**– April 25th, 2024**

### **CaRMS Timeline**

-<https://www.carms.ca/match/r-1-main-residency-match/faculty-programs/r-1-future-matches-program-timelines/>



**DALHOUSIE**  
UNIVERSITY

## ***Student Affairs CaRMS Support Services for Med 4 Students***



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