

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. The Lead-up to the CaRMS Process

- a. Overview of CaRMS Requirements and Deadlines
- b. Student Affairs Support including CV and Personal Letters
- c. Financial Resources

2. Preparing for the CaRMS Process: The Role of UGME

- a. Overview of UGME supports and MSPR

3. Program Directors Talk CaRMS

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

4. Drop-in with Student Affairs

- a. Ask questions, refuel, or grab a snack!

5. CaRMS: Statistic Insights and Application Strategies from PGME

- a. Overview of CaRMS statistics and info on parallel planning

6. CaRMS in Retrospect: Insights from Resident Panelists

- a. Resident Panel around methods and strategies for CaRMS

7. CaRMS from the Other Side - PIER 3

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

8. CaRMS Online Opens for Applicants

10 September 2025 - 12PM (ET)

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

9. Preparing a CV Sessions

October 2025

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

10. 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](#)

11. CaRMS: Program Selection Opens

16 October 2025 - 12PM (ET)

12. 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](#)

12. CMA Interview Prep Program

Video guide provided by the Canadian Medical Association

[Complete Resource Here](#)

13. CaRMS Applications Due

27 November 2025 - 12PM (ET)

14. 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

15. CaRMS Interview Period

17 January 2026 - 8 February 2026

16. Rank Order List Meetings

17 January - 19 February 2026

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

17. Rank Order List Due

19 February 2026 - 3PM (ET)

18. Pre-CaRMS Match Day

2 March 2026 - 12PM (ET)

19. CaRMS Match Day

3 March 2026 - 12PM (ET)

20. CaRMS 2nd Iterations Applications Due

17 March 2026 - 12PM (ET)

21. CaRMS 2nd Iterations Match Day

21 April 2026 - 12PM (ET)