

# 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

11 September 2024 - 12PM (ET)

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

## 5. Preparing a CV sessions

7 October 2024 - 6:30PM (ADT)

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

## 6. Individual CV Review

SUBMIT BY: 25 October 2024

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

17 October 2024 - 12PM (ET)

## 8. Individual Personal Letter Review

SUBMIT BY: 1 November 2024

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

[DMNB - Dr. Lisa Sutherland](#)

[DMNS - Dr. Sue Zinck](#)

## 9. CMA Interview Prep Program

Video guide provided by the Canadian Medical Association  
[Complete Resource Here](#)

## 10. CaRMS Applications Due

29 November 2024 - 12PM (ET)

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

2 December 2024 - 6:30PM (ADT)

### Mock Interview Period

DMNS - 9-20 December 2024

DMNB - 9-12 December 2024

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

18 January 2025 - 9 February 2025

## 13. Rank Order List Meetings

18 January - 19 February 2025

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

## 14. Pre-CaRMS Match Day

3 March 2025 - 12PM (ET)

## 15. CaRMS Match Day

4 March 2025 - 12PM (ET)

## 16. CaRMS 2nd Iterations Applications Due

18 March 2025 - 12PM (ET)

## 17. CaRMS 2nd Iteration Match Day

17 April 2025 - 12PM (ET)