

From: Christian Essman <cce3@case.edu>
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Subject: Resource For 3rd Year Students

Hello,

I'm sending this on behalf of one of our CWRU medical students/podcast host of "[The Undifferentiated Medical Student](#)." He felt that your 3rd year students would find two episodes of particular interest as they begin to move onto their 4th year (details below). We hope that you will share this with your students!

The 4th Year Episodes

The Undifferentiated Medical Student (TUMS) podcast

For those concerned about the ins and outs of tackling 4th year, read on...

- [The 4th Year Episode #1](#)
- [The 4th Year Episode #2](#)
- [All other TUMS episodes](#)

Episode #1 and #2 are both wide-ranging conversations (podcasts) with several 4th-year med students who successfully navigated the final 18-months of med school. Starting in the middle of 3rd year and taking the listener through the completion of 4th year, **these episodes discuss the following topics at length:**

- Acting internships
- Away rotations
- Letters of recommendation
- Residency applications and ERAS
- The Step 2s (CK and CS)
- Residency interviews
- The rank list
- The Match
- SOAP aka "the scramble"
- Life post-match

In short, these episodes are a one-stop-shop to demystifying the 4th year: what to expect, how to prepare, and advice for handling all the things you have to do to graduate.

Don't forget to listen on double speed :)

FYI - both episodes cover very similar content, but with different guests.

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Preferred Pronouns: He, Him, His
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