

OCA: SOAP INFO SHEET

A basic guide for students seeking a position through SOAP.

PRIOR TO SOAP

Due to possible, longer ROLs from applicants this year there may be more positions in SOAP. OCA encourages students with 5 or less interviews or who think they might have to participate in SOAP to review the steps below:

- ☐ Request an [updated Transcript](#) from the Office of the Registrar.
- ☐ Request an [updated MSPE letter](#) from OCA.
- ☐ Make any necessary revisions to your personal statement.
- ☐ Write a personal statement for Family Medicine, Internal Medicine and any additional specialties that you are interested in that have a higher number of positions available in SOAP. This is especially important if you previously applied for a position in which you were not competitive for and did not receive many interviews.
- ☐ Write a customized personal statement for home state programs.
- ☐ Try to obtain a letter of recommendation in the specialty you plan to apply to during SOAP.
Example: Do you have Family Medicine LOR?
- ☐ Be prepared to answer: "Why are you interested in our program?"
- ☐ Carefully review the [SOAP schedule](#), process and [SOAP resources](#) listed on the NRMP website.
- ☐ Remember: AUC does not receive information from NRMP that you didn't match and will be going through SOAP

BASICS

- ☐ You must apply to all positions through ERAS.
- ☐ You cannot reach out to a program before they contact you until SOAP has concluded. A program **must** contact you first. Contacting a program, having someone contact a program on your behalf, or expressing interest in a position outside of ERAS during SOAP is considered a Match violation.
- ☐ Offers are extended and accepted/rejected in NRMP's R3 system, not ERAS. You have a limited amount of time to accept an offer if one is extended. Accepting an offer creates a binding contract.

STRATEGY

- ☐ You are allowed to apply to 45 programs during the entire SOAP process. It is recommended to apply to all 45 programs prior to 8AM ET on Tuesday, March 15th to have the best chances of being considered for a position.
 - > The majority of positions are filled in the first round.
 - > Your application is available to the programs you apply to during all SOAP rounds.
- ☐ Consider applying to IMG-friendly, community, rural and newly-accredited programs.
- ☐ Be ready for an interview any time after 8AM ET on Tuesday, March 15th when programs are able to begin reviewing applications.
- ☐ Turn on notifications on your phone to ensure you do not miss any interview requests.
- ☐ Be sure you have appropriate interview clothing and setup should a program choose to conduct a video interview.
- ☐ If you do not obtain a position through the Match or SOAP, schedule an appointment with an OCA advisor to discuss next steps at OCA@aucmed.edu.