



## Resources for Unmatched Students

### Class of 2024



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OFFICE OF CAREER ADVISING AND MENTORSHIP  
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## Resources and Supports after the R-1 Match

The Office of Student Affairs (OSA) and the Office of Career Advising & Mentorship (OCA&M) wish you the best for your CaRMS Match Day. We are here to assist you through this important time in your medical school journey.

You can opt in to be alerted a day early (on March 18, 2023) if you have not matched. This information will be shared by CaRMS to the Associate Dean only. To do so, please log into your account on CaRMS' website ([www.carms.ca](http://www.carms.ca)) and opt-in to early notification to the program by February 29, 2024 at 15:00 ET, as well as filling in the one45 form opting in to early reach-out by the program by Tuesday March 12, 2024, at 23:59.

If you have not matched in the first iteration of the residency match, we encourage you to contact the OSA and OCA&M who will support you on your path forward.

### Office of Student Affairs

The OSA team will be available to support any student with concerns regarding their match result as well as provide information and arrange for referrals to supports both on and off-campus. Below is the contact information for the OSA team – you may reach out to any OSA team member.

OSA Contact Information		
<b>Saskatoon</b>		
Dr. Ginger Ruddy	Director of Student Services	<a href="mailto:Sara.bryson@usask.ca">Sara.bryson@usask.ca</a> 306-966-7275
Edith Conacher	Student Affairs Coordinator	<a href="mailto:Edith.conacher@usask.ca">Edith.conacher@usask.ca</a> 306-966-4751
Bev Digout	Student Affairs Coordinator	<a href="mailto:Bev.digout@usask.ca">Bev.digout@usask.ca</a> 306-966-8224
Chris Florizone	Student Affairs Admin Associate	<a href="mailto:Chris.florizone@usask.ca">Chris.florizone@usask.ca</a> 306-966-7331
<b>Regina</b>		
Sue Schmidt	Student Affairs Coordinator	<a href="mailto:Sue.schmidt@saskhealthauthority.ca">Sue.schmidt@saskhealthauthority.ca</a> 306-766-0620
Dr. Nicole Fahlman	Site Director	<a href="mailto:Nicole.fahlman@usask.ca">Nicole.fahlman@usask.ca</a> 306-209-0142
Dr. Tiann O'Carroll	Site Director	<a href="mailto:Tiann.ocarroll@usask.ca">Tiann.ocarroll@usask.ca</a> 306-529-0777
Michelle Grove	Student Affairs Associate	<a href="mailto:Michelle.grove@saskhealthauthority.ca">Michelle.grove@saskhealthauthority.ca</a> 306-766-0553
<b>Website and to book an appointment:</b> <a href="https://medicine.usask.ca/students/undergraduate/student-affairs.php">https://medicine.usask.ca/students/undergraduate/student-affairs.php</a>		

## Office of Career Advising & Mentorship

The OCA&M team is available to provide personalized assistance to students who have not matched. Students can meet with one of the Clinician Career Advisors or the Coordinator to discuss post-CaRMS reflections regarding application strategies for the second iteration of the residency match. Clinician Career Advisors can assist students in specialty selection, application decisions, preparation of new application documents (CV and personal letters), and mock interview practice.

OCA&M Contact Information		
General contact	<a href="mailto:Med.careeradvising@usask.ca">Med.careeradvising@usask.ca</a>	306-966-7275
Dr. Ginger Ruddy	Director of Student Services	<a href="mailto:Sara.bryson@usask.ca">Sara.bryson@usask.ca</a> 306-966-7275
Dr. Andrew Houmphan	Clinician Career Advisor (Family Medicine)	<a href="mailto:Sara.bryson@usask.ca">Sara.bryson@usask.ca</a> 306-966-7275
Dr. Richard Nataraj	Clinician Career Advisor (Respirology)	<a href="mailto:Sara.bryson@usask.ca">Sara.bryson@usask.ca</a> 306-966-7275
Dr. Lee Kolla	Clinician Career Advisor (Orthopedic surgery)	<a href="mailto:Sara.bryson@usask.ca">Sara.bryson@usask.ca</a> 306-966-7275
Sheldon Moellenbeck	OCA&M Coordinator	<a href="mailto:Sheldon.moellenbeck@usask.ca">Sheldon.moellenbeck@usask.ca</a> , 306-966-6473
Sara Bryson	OCA&M Admin	<a href="mailto:Sara.bryson@usask.ca">Sara.bryson@usask.ca</a> 306-966-7275
Website and to book an appointment: <a href="https://medicine.usask.ca/students/undergraduate/career.php">https://medicine.usask.ca/students/undergraduate/career.php</a>		

The following resources are available on the OCA&M website

- MD Student CV Guide:  
[https://medicine.usask.ca/documents/student-services/wellness/CV\\_Guide.pdf](https://medicine.usask.ca/documents/student-services/wellness/CV_Guide.pdf)
- MD Student Personal Letter Guide:  
<https://medicine.usask.ca/documents/student-services/personalletterguide.pdf>
- MD Student Interview Guide:  
<https://medicine.usask.ca/documents/student-services/interviewguide.pdf>

## Other resources available to students

- The University of Saskatchewan Student Wellness Centre: [student.wellness@usask.ca](mailto:student.wellness@usask.ca), 306-966-5768
- Saskatchewan Medical Association Physician Health Program:
  - Tracy Danylyshen-Laycock, Director of Physician Wellness and Support Programs  
[tracy.danylyshen-laycock@sma.sk.ca](mailto:tracy.danylyshen-laycock@sma.sk.ca), 306-657-4571
  - Jessica Richardson, Clinical Coordinator of Physician Wellness and Support Programs (Regina)  
[jessica.richardson@sma.sk.ca](mailto:jessica.richardson@sma.sk.ca), 306-359-2750
  - Lorraine Scott, Clinical Coordinator of Physician Wellness and Support Programs (Saskatoon)  
[lorraine.scott@sma.sk.ca](mailto:lorraine.scott@sma.sk.ca), 306 657-4585

## Student Medical Society of Saskatchewan (SMSS)

The SMSS supports students who have not matched by providing gift cards. The Office of Student Affairs will liaise with the SMSS to distribute these to students. For more information, please contact the SMSS President at [smss.president@usask.ca](mailto:smss.president@usask.ca).

## Canadian Federation of Medical Students (CFMS)

At the CFMS, our priority as an organization is to advocate for the best possible medical school experience for all medical learners by addressing gaps in our current system, including the match process and availability of residency spots in Canada. It is many students' worst fear to find out that they are unmatched, and we know that it is incredibly difficult to predict who will receive this news. We want to emphasize two things as we get closer to Match Day:

1. If you go unmatched in the first iteration, please know that you are not alone. We encourage all students reading this who do match to help us change the culture around going unmatched by destigmatizing it.
2. We are here and we want to help you. In this post we want to let you know what support we are able to provide in advance. We will be sharing these resources again on our website and on social media on Pre-Match Day so that they are readily available for you to revisit if you find yourself in this position.

If you are not matched after the first iteration, please get in touch with us by emailing Astha Burande (Director of Education) at [education@cfms.org](mailto:education@cfms.org) and Ayma Aqib (Education Associate) at [educationassociate@cfms.org](mailto:educationassociate@cfms.org) who will be monitoring emails and connecting you with support. All information shared with us at either of these emails will remain strictly confidential between the two of us.

- [CFMS Unmatched Peer Support Network](#):

The CFMS's peer mentorship network takes two forms. First, you can reach out to the Director of Education or Education Associate at [education@cfms.org](mailto:education@cfms.org) or [associateeducation@cfms.org](mailto:associateeducation@cfms.org) to be paired with a buddy/mentor who has been unmatched in a previous year. We will do our best to pair students with mentors who have similar interests or schools. Once again, we will all maintain confidentiality and protect your personal information.

The network is also accessible through the peer support forum website. This forum is strictly moderated and can be accessed at [peersupportnetwork.net](https://peersupportnetwork.net). The page is restricted to CFMS moderators, uCMG mentors and current uCMG students to strictly maintain privacy and comfort. Please sign up at [peersupportnetwork.net](https://peersupportnetwork.net). This is a forum to ask any and all questions you may have, including about your options, resources and available support. Note: you can join anonymously or using your name, whichever you prefer.

- **Second Iteration Application Reimbursement:** The CFMS is excited to offer all unmatched members \$150 to support applying to the second iteration of the R-1 match. The reimbursement form is available here (<https://cfms.org/files/Reimbursement-Form-2nd-Round-Applications-2023.pdf>). The reimbursement form must be completed and submitted to [administrative@cfms.org](mailto:administrative@cfms.org) by May 31, 2024.
- **Wellness Supports:** We encourage all learners to be in close contact with their Student Affairs offices for comprehensive support during this process. The Canadian Medical Association provides a landing page (<https://www.cma.ca/supportline>) with links to National Help Lines, as well as Provincial and Territorial Physician Support Services that are freely available to medical students 24/7. Each province organizes their own physician health programs. The Saskatchewan program can be found here ([https://www.sma.sk.ca/?page\\_id=3862](https://www.sma.sk.ca/?page_id=3862)).
- **SafeSpaces Peer Support Session for Unmatched Students (TBD):** In the past, we have partnered with the CMA to host a psychiatrist-moderated peer support session for our unmatched students to help with connecting students with this experience. This is open only to unmatched Canadian Medical Graduates from the 2024 match cycle, and can be participated in anonymously if that is preferred. The SafeSpaces team is in the process of working with the CMA to plan for this year's session, and we will let you know as soon as we know more.
- **CFMS Matchbook:** The 2021-2022 Matchbook is accessible to CFMS members via our website (using your CFMS login) and is accessible here (<https://www.cfms.org/what-we-do/education/cfms-matchbook>). The matchbook is accessible with your CFMS login - if you do not already have an account, this account can be created easily but does require the code which you can get by reaching out to the CFMS Rep at your school or by emailing our office ([administrative@cfms.org](mailto:administrative@cfms.org)). Section 5 of the matchbook, "The Unmatched Scenario," is a detailed toolkit, which includes advice from previously unmatched students, put together annually by the CFMS unmatched CMG (uCMG) team. The 2021-2022 version has information on each school's extension policies for unmatched students. As such, most of the information found in the guide will be useful to you, but specific dates and anything that has changed in the last year will not be. Please note, the CFMS Matchbook 2023-2024 is currently in the works and will be available in April.

## CaRMS Additional Resources

CaRMS will have a list of unfilled and available residency positions for the second iteration match both by discipline and by university on their website ([www.carms.ca](http://www.carms.ca)).

You can view the second iteration timeline for CaRMS here (<https://www.carms.ca/match/r-1-main-residency-match/faculty-ugme/r-1-second-iteration-ugme-timelines/>).

If you have not completed the CASPer test, dates, and times for assessments between the first and second iterations of the residency match can be found on the CASPer website ([https://takealtus.com/welcome\\_to\\_takealtus/](https://takealtus.com/welcome_to_takealtus/)).

## Clerkship Extension course (Year 5)

If students have not matched after participating in the residency match, the Clerkship Extension course offers participation in an additional year of undergraduate training. You can find the year 5 syllabus here: <https://medicine.usask.ca/documents/ugme/syllabi/medc-505.pdf>.

Year 5 requirements include deferring graduation, paying an additional year of tuition, and typically participating in the 2<sup>nd</sup> iteration of CARMS.

The fifth year is composed of four modules: clinical electives, career advising and mentorship, research, and clinical experiences. Individualized learning plans will be developed with the student, UGME, OCA&M, and OSA to improve the chances of success in the future residency match.