

## Resources and Supports after the Residency Match

The Office of Student Affairs and the Office of Career Advising & Mentorship wish you all the best for Match Day. Please know that we are here to assist you with any concerns that you may have. If you are not successful in the first iteration of the residency match, we encourage you to please contact the Office of Student Affairs (OSA) and the Office of Career Advising & Mentorship (OCA&M) who will support and work with you regarding moving forward.

### Office of Student Affairs

The OSA team will be available to support any student with concerns regarding their match result as well provide information and arrange any referrals both on and off campus. Please find the contact information for the Student Affairs team below. You may reach out to any OSA team member.

#### Contact the Office of Student Affairs

Saskatoon: Edith Conacher, Student Affairs Coordinator, [edith.conacher@usask.ca](mailto:edith.conacher@usask.ca), 306-966-4751

Bev Digout, Student Affairs Officer, [bev.digout@usask.ca](mailto:bev.digout@usask.ca), 306-966-8224

Online appointment booking for Saskatoon OSA is available at <https://share.usask.ca/go/osam/Pages/Advisor-Booking.aspx>

Dr. Janna Brusky, Director of Student Services, [sara.bryson@usask.ca](mailto:sara.bryson@usask.ca), 306-966-7275

Regina: Lisa Persaud, Student Affairs Specialist, [lisa.persaud@saskhealthauthority.ca](mailto:lisa.persaud@saskhealthauthority.ca), 306-766-0620

Dr. Nicole Fahlman, Student Affairs Director, [Nicole.fahlman@usask.ca](mailto:Nicole.fahlman@usask.ca), 306-209-0142

Dr. Tiann O'Carroll, Student Affairs Director, [tiann.ocarroll@usask.ca](mailto:tiann.ocarroll@usask.ca), 306-529-0777

Website: <https://medicine.usask.ca/students/undergraduate/student-affairs.php>



## Office of Career Advising & Mentorship

The Office of Career Advising & Mentorship (OCA&M) team are available to provide personalized assistance to unmatched students. Students can meet with a member of the OCA&M team for post-CaRMS reflection regarding application strategies for the second iteration of the residency match. Faculty Career Advisors can assist students with preparation of new application documents such as the CV and personal letters. Students will also be able to receive mock interview practice with the OCA&M team.

### Contact the Office of Career Advising & Mentorship

[Med.careeradvising@usask.ca](mailto:Med.careeradvising@usask.ca) and 306-966-7275

Faculty Career Advisors: Dr. Megan Clark, Dr. Sachin Shah, Dr. Lee Kolla

Administrative Assistant: Sara Bryson

Director of Student Services: Dr. Janna Brusky

Online appointment booking is available on the website

Website: <https://medicine.usask.ca/students/undergraduate/mentoring.php>

The following resources are available on the CoM OCA&M website:

CoM 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)

CoM MD Student Personal Letter Guide:

<https://medicine.usask.ca/documents/student-services/PersonalLetterGuide2017.pdf>

CoM MD Student Interview Guide:

<https://medicine.usask.ca/documents/student-services/interviewguide.pdf>



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## **Other Resources Available to Students:**

- 1) University of Saskatchewan Student Wellness Centre:  
[student.wellness@usask.ca](mailto:student.wellness@usask.ca) and 306-966-5768.
- 2) Saskatchewan Medical Association Physician Health Program:  
Brenda Senger is the Director, and she can be contacted at  
[Brenda.senger@sma.sk.ca](mailto:Brenda.senger@sma.sk.ca) 306-244-2196 and 1-800-667-3781.

## **SMSS:**

The Student Medical Society of Saskatchewan (SMSS) supports unmatched students by providing gift cards to students who did not match. 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).

## **CFMS:**

The CFMS congratulates all Canadian medical students on completing the first iteration R-1 match! You worked hard, and the CFMS is proud to have represented you during your medical school journey.

Match Day can bring complicated emotions and that is normal, regardless of your match status. If you need support, reach out to your loved ones, your student affairs office, or the provincial medical association physician support service.

If you are not matched after the first iteration, you are not alone. There are many resources to help you as you continue along your journey to being a successful physician. We have compiled a list of the following resources for you.

Please feel free to get in touch with us at any time by emailing the CFMS Director of Education ([education@cfms.org](mailto:education@cfms.org)) or Director of Student Affairs ([studentaffairs@cfms.org](mailto:studentaffairs@cfms.org)). Your confidentiality will be respected.



1) CFMS Unmatched Peer Mentorship Network: This is a forum where you can make an anonymous account and receive support from previously unmatched students. You may ask questions about the match process, what resources are available, your options, or anything else. You may also chat with any of the available mentors for one-on-one mentorship and peer support. The page is restricted to CFMS moderators, uCMG mentors, and current uCMG students to ensure your privacy and comfort levels are always maintained. Sign up at [www.peersupportnetwork.net](http://www.peersupportnetwork.net) and don't hesitate to contact us at [psn.contactus@gmail.com](mailto:psn.contactus@gmail.com) and [education@cfms.org](mailto:education@cfms.org) if you have any questions or concerns!

2) CFMS Matchbook: The 2020-2021 Matchbook is accessible to CFMS members via our website and is accessible [here](#). Section 5, “The Unmatched Scenario,” is a detailed toolkit, which includes advice from previously unmatched students, put together annually by the CFMS unmatched CMG (uCMG) team.

3) 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](#). The reimbursement form must be completed and **submitted to [administrative@cfms.org](mailto:administrative@cfms.org) by May 30th, 2021.**

4) Wellness Supports: We encourage all learners to be in close contact with their Student Affairs offices for comprehensive support during this process. The CFMS website has PDF documents for all of our member medical schools with information regarding specific wellness-related supports that are always available, which can be accessed [here](#).

The Canadian Medical Association has a [Wellness Support Line](#) that is available to medical students 24/7. For more information, see their [FAQ](#). Each province also organizes their own physician health programs, which are available to medical students. See [British Columbia](#), [Alberta](#), [Saskatchewan](#), [Manitoba](#), [Ontario](#), [Quebec](#), [New Brunswick](#), [Nova Scotia](#), [Prince Edward Island](#), and [Newfoundland and Labrador](#).



5) SafeSpaces Peer Support Session for Unmatched Students: Join other unmatched medical students from across the country in a psychiatrist-moderated peer support session, aiming to connect students in conversation. Open **only** to unmatched Canadian Medical Graduates from the 2021 Match cycle. Learners can participate anonymously or choose to identify themselves; two previous unmatched residents will be in attendance to share their experience.

The session will be held **Wednesday, April 28th, 2021, at 7 pm EST/5 pm MST**. Offered in collaboration with the CMA. To join the session, please register in advance at <https://www.cma.ca/student-peer-session>

### **Additional Resources:**

CaRMS will have the 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).

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://takecasper.com/dates-times>.

### **Clerkship Extension Course**

If students are not successful after participating in the residency match, the Clerkship Extension Course offers participation in an additional year of undergraduate training. 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 so as to improve the chances of success in future residency match.



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