



Resources for Unmatched Students

Class of 2026



UNIVERSITY OF SASKATCHEWAN
College of Medicine
STUDENT SERVICES
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UNIVERSITY OF SASKATCHEWAN
College of Medicine
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 (OCAM) 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 had the option to opt in (in two ways) to be alerted a day early (on March 2, 2026) if you have not matched in the first iteration. This information will be shared by CaRMS to the Associate Dean only. If you opted in both times and have not matched in the first iteration, Dr. McKague and Dr. Ruddy will then email you later on March 2 to advise you. They will also let you know the next steps. If you have not matched in the first iteration of the residency match, we encourage you to contact the OSA (med.studentaffairs@usask.ca) and OCAM (med.careeradvising@usask.ca) who will support you on your path forward. If they have not heard from you by later in the week, they will reach out to you. Even if you do not need their support, please respond so they know you have received the message and have what you need.

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 | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| General contact | Med.studentaffairs@usask.ca | 306-966-7331 |
| Saskatoon | | |
| Dr. Ginger Ruddy | Director of Student Services | Emma.cai@usask.ca 306-966-7275 |
| Bev Digout | Student Affairs Coordinator | Bev.digout@usask.ca 306-966-8224 |
| Tracey Baliski | Student Affairs Admin Associate | Tracey.baliski@usask.ca 306-966-7331 |
| Regina | | |
| Sue Schmidt | Student Affairs Coordinator | Sue.schmidt@saskhealthauthority.ca 306-766-0620 |
| Saba Khan | Student Affairs & OCAM Coordinator | Saba.Khan@saskhealthauthority.ca 306-766-0527 |
| Website and to book an appointment: https://medicine.usask.ca/students/undergraduate/student-affairs.php | | |

Office of Career Advising & Mentorship

The OCAM 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 Coordinators 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.

| OCAM Contact Information | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| General contact | Med.careeradvising@usask.ca | 306-966-7275 |
| Dr. Ginger Ruddy | Director of Student Services | Emma.cai@usask.ca 306-966-7275 |
| Dr. Andrew Houmphan | Clinician Career Advisor (Family Medicine) | Emma.cai@usask.ca 306-966-7275 |
| Dr. Leane Pask | Clinician Career Advisor (Family Medicine) | Emma.cai@usask.ca 306-966-7275 |
| Dr. Lee Kolla | Clinician Career Advisor (Orthopedic surgery) | Emma.cai@usask.ca 306-966-7275 |
| Dr. Iain Arseneau | Clinician Career Advisor (Critical Care and Internal Medicine) | Emma.cai@usask.ca 306-966-7275 |
| Dr. Cheyenne Lawton | Clinician Career Advisor (General Internal Medicine & Obstetric Internist) | Emma.cai@usask.ca 306-966-7275 |
| Sheldon Moellenbeck | OCAM Coordinator | Sheldon.moellenbeck@usask.ca , 306-966-6473 |
| Saba Khan | Student Affairs & OCAM Coordinator | Saba.Khan@saskhealthauthority.ca 306-766-0527 |
| Emma Cai | OCAM Admin Associate | Emma.cai@usask.ca 306-966-7275 |
| Website and to book an appointment: https://medicine.usask.ca/students/undergraduate/career.php | | |

The following resources are available on the OCA&M website

- MD Student CV Guide:
https://medicine.usask.ca/documents/student-services/cv-guide_2025.pdf
- MD Student Personal Letter Guide:
https://medicine.usask.ca/documents/student-services/personal-letter-guide_2025.pdf
- MD Student Interview Guide:
https://medicine.usask.ca/documents/student-services/interview-guide_2025.pdf

Other resources available to students

- The University of Saskatchewan Student Wellness Centre: 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, 306-657-4571
 - Jessica Richardson, Team Lead of Physician Wellness and Support Programs (Regina)
jessica.richardson@sma.sk.ca, 306-359-2750
 - Sophie Mendoza, Clinical Coordinator of Physician Wellness and Support Programs (Regina)
sophie.mendoza@sma.sk.ca, (306) 244-2196
 - Mitch Berg, Clinical Coordinator of Physician Wellness and Support Programs (Saskatoon)
mitchell.berg@sma.sk.ca, 306 657-4553

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 while preserving confidentiality. For more information, please contact the SMSS President at smss.president@usask.ca.

Canadian Federation of Medical Students (CFMS)

The CFMS shares the following:

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 Emily Liang (Director of Education) at education@cfms.org who will be monitoring emails and connecting you with support. All information shared with us will remain strictly confidential between the two of you.

- CFMS Unmatched Peer Support Network:

The CFMS's peer mentorship network takes two forms. First, you can reach out to the Director of Education at education@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. Your confidentiality will be respected.

The network is also accessible through the peer support forum website. This forum is strictly moderated and can be accessed at peersupportnetwork.net. 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.

- 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://docs.google.com/document/d/1LbeFHHfXK_t50RhpDXMZmJ82ZpdCGFb_BgYD4IpZjo/edit?tab=t.0). The reimbursement form must be completed and submitted to administrative@cfms.org from your school email account by May 31, 2026.

- 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 2026 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.

- 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).

- CFMS Matchbook:

The 2024-2025 Matchbook is accessible to CFMS members via our website (using your CFMS login) and is accessible here ([MATCHBOOK 2025 FINAL_EN.pdf](#)). 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).

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).

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/).

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/2025-2026/medc-505-clerkship-extension-2025-20261.pdf>

Year 5 requirements include deferring graduation, paying an additional year of tuition, and typically participating in the 2nd 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, OCAM, and OSA to improve the chances of success in the future residency match.