Thriving in residency

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Turn to the AMA for timely guidance on making the most of medical residency. Get resources and advice about navigating the fast-paced demands of training, getting scientific research published, maintaining health and well-being and handling medical school student loan debt.

Maintaining health and well-being

Improving the well-being of today’s resident physicians is essential to the future of medicine. We offer guidance and resources to support wellness throughout your residency training.

Presenting scientific research
AMA RESEARCH CHALLENGE

Submit your abstract now for a chance to win $10,000!

AMA

Grand prize sponsor

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Presenting research at any stage of your career is vital to a physician’s development. Get a head start with the AMA Research Challenge. This member-exclusive event is the largest national, multi-specialty research event for medical students, residents and fellows, and international medical graduates.

Call for abstracts has opened for the 2022 AMA Research Challenge. Abstracts will be accepted into one of six topics:

- Basic science
- Clinical and translational research
- Clinical vignettes
- Health systems science
- Medical education innovation
- Public health and health policy

The submission **deadline has been extended to July 26, 2022**, at 11:59 p.m. Central.

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**Establishing financial health**

Residency is just the beginning. The salary you earn as a resident is a fraction of what your salary will be down the road. Still, your loans are due. Get advice on how to handle medical school student loan debt, manage personal finances and start your medical career on strong financial footing.

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**AMA supports you each step of the way**

AMA is your ally on the journey to medical school, residency and beyond.