AMA MEMBERSHIP BENEFITS SUPPORT OSTEOPATHIC MEDICAL STUDENTS WHEN THEY NEED IT.





MEDICAL SCHOOL Learn what to expect

ADAPT TO

YEAR

and find peer mentors

AMA member benefits

- AMA Med Students Facebook group
- AMA chapter on campus
- AMA Medical Student Section (on campus, regional, national)

STUDY FOR FIRST **ROUND OF BIOLOGY/ ANATOMY EXAMS**

Purchase study aids and balance exam prep with coursework and creating your CV

AMA member benefits

· Discounts on study aids

GET INVOLVED IN ACTIVITIES

Seek out leadership/ research/intern opportunities and join extracurricular activities

AMA member benefits

- AMA Medical Student Section
- AMA Research Challenge
- AMA-sponsored events on campus
- AMA Med Students Facebook group

PRACTICE OMT AND **CLINICAL SKILLS**

Get hands-on experience interacting with patients and physicians

AMA member benefits

 AMA Medical Student Leadership Learning Series

TRANSITION TO M2 YEAR

Create a study plan, and explore specialties, leadership roles and networking opportunities

AMA member benefits

- FREIDA™'s Specialty Guide
- AMA conferences and events

STUDY FOR **COMLEX LEVEL 1** (AND USMLE STEP 1)

Purchase study aids, get tips on how best to prepare and budget for travel costs

AMA member benefits

- 30% discount on Kaplan's **Qbank and Qbank Integrated** Plan courses
- AMA Med Students Facebook group
- Discounts on car rentals up to 25%

..... FIND YOUR PASSION

PREPARE FOR RESIDENCY **APPLICATION**

Understand the application process, request letters of recommendation and start to search for residency programs

AMA member benefits

• FREIDA, the AMA Residency & Fellowship Database®

COMPLETE REQUIRED **CLINICAL ROTATIONS/** SHELF EXAMS

Continue to practice OMT and clinical skills, and interact with patients and physicians

AMA member benefits

 AMA Medical Student Leadership Learning Series

TRANSITION FROM CLASS TO CLINIC

Continue to explore specialties and consider which one is the best fit for you

AMA member benefits

• FREIDA's Specialty Guide

M3 YEAR

M2

YEAR

Manage test anxiety

LEVEL 1

(AND USMLE STEP 1) and reduce stress

AMA member benefits 2-vear subscription to

TAKE COMLEX

Headspace



M4 YEAR

TRANSITION TO M4 YEAR

Choose your specialty, and continue to search for and evaluate residency programs

AMA member benefits

- FREIDA's Specialty Guide
- FREIDA, the AMA Residency & Fellowship Database



STUDY FOR AND TAKE COMLEX **LEVEL 2-PE AND LEVEL 2-CE** (AND USMLE STEP 2 CK)

Purchase study aids, get tips on how best to prepare and budget for travel costs

AMA member benefits

- 30% discount on Kaplan's Qbank and Qbank Integrated Plan courses
- AMA Med Students Facebook group
- Discounts on car rentals up to 25%

APPLY FOR RESIDENCY

Rank and apply to your top residency programs

AMA member benefits

• FREIDA, the AMA Residency & Fellowship Database



RESIDENCY INTERVIEWS AND **MATCH WEEK**

Get tips on how best to prepare. budget for travel costs, and manage residency interview and Match Week anxiety

AMA member benefits

- AMA Med Students Facebook group
- Discounts on car rentals up to 25%
- 2-year subscription to Headspace
- · Discount on a resident interview loan

GRADUATION AND TRANSITION TO RESIDENCY

Manage student loans, relocate and budget for residency, and begin to prepare for COMLEX Level 3 (and USMLE Step 3)

AMA member benefits

- Discounts on student loan refinancing, insurance plans and home loans
- 30% discount on Kaplan's Qbank and **Qbank Integrated Plan courses**

