# **AMA MEMBERSHIP BENEFITS SUPPORT ALLOPATHIC MEDICAL STUDENTS WHEN** THEY NEED IT.





# MEDICAL SCHOOL Learn what to expect

YEAR

ADAPT TO

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 **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

**TAKE USMLE STEP 1** 

Manage test anxiety

and reduce stress

**AMA** member benefits

2-year subscription to

Headspace



#### STUDY FOR **USMLE STEP 1**

Purchase study aids and get tips on how best to prepare

#### **AMA** member benefits

- 30% discount on Kaplan's **Qbank and Qbank Integrated** Plan courses
- AMA Med Students Facebook group

### ..... 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 develop clinical skills and learn how to 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**

**M2** 

YEAR

# YEAR

## **M4** YEAR

#### TRANSITION TO M4 YEAR

Choose your specialty and continue to search for residency programs

#### **AMA** member benefits

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



#### STUDY FOR AND TAKE **USMLE STEP 2 CK**

Purchase study aids, get tips on how best to prepare, manage test anxiety and reduce stress

#### AMA member benefits

- 30% discount on Kaplan's Obank and Obank Integrated Plan courses
- AMA Med Students Facebook group
- 2-year subscription to Headspace

#### **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 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**

