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

**ADAPT TO MEDICAL SCHOOL**
- Learn what to expect 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
  - Global Health Challenge

**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 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

**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

**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 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 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 Qbank and Qbank 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

**M1 YEAR**
- AMA Med Students Facebook group
- AMA chapter on campus
- AMA Medical Student Section (on campus, regional, national)

**M2 YEAR**
- AMA Med Students Facebook group
- AMA chapter on campus
- AMA Medical Student Section (on campus, regional, national)

**M3 YEAR**
- AMA Med Students Facebook group
- AMA chapter on campus
- AMA Medical Student Section (on campus, regional, national)

**M4 YEAR**
- AMA Med Students Facebook group
- AMA chapter on campus
- AMA Medical Student Section (on campus, regional, national)

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

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