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

**M1 YEAR**
- **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)

**M2 YEAR**
- **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

**M3 YEAR**
- **Get Involved in Activities:** Seek out leadership/research/extern 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

**M4 YEAR**
- **Practice Clinical Skills:** Get hands-on experience interacting with patients and physicians
  - AMA member benefits
    - AMA Medical Student Leadership Learning Series

**Find Your Passion**

**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 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

**Take USMLE Step 1**
- Manage test anxiety and reduce stress
  - AMA member benefits
    - 2-year subscription to Headspace

**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

**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
    - FREIDA, the AMA Residency & Fellowship Database
    - 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

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