

2026 ERAS® Applicant Worksheet

This worksheet may be printed and used to begin completing your MyERAS® application offline. **All required fields are highlighted in red and marked with an asterisk.** Please note: Some of these fields are required only in certain circumstances.



AAMC Account Information

First Name*	Gender*
Middle Name	Email*
Last Name*	Birth Date*
Suffix	I authorize the release of my birth date to programs.

Basic Information

Previous Last Name	Preferred Phone*
Preferred Name	Mobile Phone
Preferred Pronoun	Alternate Phone
	Fax
	Pager

Address

Current Mailing Address

Address 1 *

Address 2

Country*

State (Required for U.S. & Canadian addresses.)

City*

Postal Code

Is your permanent address the same as your current mailing address?* Yes No

Permanent Address

Address 1

Address 2

Country

State

City

Postal Code

Phone

Work Authorization

Are you currently authorized to work in the United States?* Yes No

What is your current work authorization?*

Will you need visa sponsorship through ECFMG (J-1) or the teaching hospital (H-1B) to complete the entirety of your GME training?*

Yes No

If yes, please select the visa(s) for which you will seek sponsorship. Select all that apply.*

H-1B J-1

*Eligibility for ECFMG J-1 visa sponsorship is not to be presumed. For details on ECFMG J-1 requirements and restrictions, please visit <http://www.ecfm.org/evsp/requirements.html>.

If no, please identify which of the following will serve as your basis for work authorization for the entirety of your GME training without any need for visa sponsorship. Select all that apply.*

U.S. Citizen or National, Legal Permanent Resident, Refugee, Asylee

Adjustment of Status applicant (Green Card application) (EAD)

DACA – Deferred Action for Childhood Arrivals

Diplomatic Service

E-2 – Treaty investor, spouse, and children (EAD)

Employment Authorization Document (EAD)

F-1 – Academic student (EAD, OPT)

H-1 – Temporary worker

H-1B – Specialty occupation, DoD worker, etc.

H-2B – Temporary worker – skilled and unskilled

H-4 – Spouse or child of H-1, H-2, H2-3 (EAD)

J-1 – Visa for exchange visitor

J-2 – Spouse or child of J-1 (EAD)

L-2 – Dependent of Intra-Company Transferee (EAD)

O-1 – Extraordinary ability in sciences, arts, education, business, or athletics

TN – NAFTA trade visa for Canadians and Mexicans

Other

If you currently reside in the United States or Canada, please identify your current state or province of residence.

Match® Information

NRMP® Match

I plan to participate in the NRMP Match Yes No

If yes, NRMP ID:

- *If you are already registered for the NRMP Match and have your NRMP ID, please enter it.*
- *If you currently do not have your NRMP ID, please enter it as soon as you receive it. NRMP ID is not required to certify & submit your application and can be added once you have received your NRMP ID.*
- *Please note that registering or participating with the MyERAS® system does not automatically register you for The Match. You will need to register with the NRMP separately at <https://www.nrmp.org>.*

Participating as a couple in NRMP ? Yes No

If yes, partner's name:

Specialties partner is applying to:

Urology Match®

AUA Member Number:

Identification Numbers

USMLE/ECFMG ID:

NBOME ID: *(Required for D.O. applicants.)*

American Osteopathic Association Member Number:

Biographic Information

Self-Identification

This section allows you to indicate how you self-identify. When selecting “Other” as a subcategory, the text field is limited to 120 characters; however, it is not a required field. If you prefer not to self-identify or if you reside in the European Union, please ignore this section.

How do you self-identify? Please select all that apply.

American Indian or Alaska Native

Tribal affiliation:

Asian

Bangladeshi
Cambodian
Chinese
Filipino
Indian
Indonesian
Japanese
Korean
Laotian
Pakistani
Taiwanese
Vietnamese
Some other Asian:

Black or African American

African American
Afro-Caribbean
African
Ethiopian
Haitian
Jamaican
Nigerian
Somali
Some other Black:

Hispanic, Latino, or of Spanish origin

Argentinean
Colombian
Cuban
Dominican
Mexican or Mexican American
Peruvian
Puerto Rican
Salvadoran
Some other Hispanic or Latino:

Middle Eastern or North African

Arab
Egyptian
Iranian
Israeli
Lebanese
Moroccan
Palestinian
Syrian
Some other Middle Eastern or North African:

Native Hawaiian or Pacific Islander

Chamorro
Fijian
Marshallese
Native Hawaiian
Samoan
Tongan
Some other Pacific Islander:

White

English
French
German
Irish
Italian
Polish
Some other White:

Some other race or ethnicity:

ERAS® Applicant Worksheet (continued)

Language Fluency

Please use these definitions to assess and describe your level of proficiency in all the languages you speak.

Native/Near native - I converse easily and accurately in all types of situations, including communicating health care concepts. Native/near-native speakers may think that I am a native/near-native speaker too.

Advanced - I speak very accurately, and I understand other speakers very accurately. Language ability rarely hinders me in performing any task, including communicating health care concepts, requiring this language. Native/near-native speakers have no problem understanding me, but they probably perceive that I am not a native/near-native speaker.

Good - I speak well enough to participate in most conversations. Native/near-native speakers notice some errors in my speech or my understanding, but I am generally able to repair the conversation if errors or misunderstandings occur. I have some difficulty communicating health care concepts.

Fair - I speak and understand well enough to have casual conversations about current events, work, family, or personal life and can get the general idea of most everyday conversations. Native/near-native speakers notice many errors in my speech or my understanding. I have difficulty communicating about health care concepts.

Basic - I speak the language at a level that permits me to understand and respond to 2-3 word entry-level questions and meet minimum courtesy requirements. I have difficulty in or understanding conversations. I am unable to understand or communicate most health care concepts.

Do you meet or exceed the Advanced level of proficiency in English? Yes No

If you speak a language other than English, in which of the following languages do you meet or exceed the Good level of proficiency?

Afrikaans	Finnish	Laotian	Serbian
Albanian	Formosan	Lithuanian	Serbocroatian
American Sign Language	French	Malayalam	Sinhalese
Amharic	French Creole	Mande	Slovak
Arabic	Fulani	Marathi	Spanish/Spanish Creole
Armenian	German	Mon-Khmer, Cambodian	Swahili
Bantu	Greek	Navajo	Swedish
Bengali	Gujarati	Nepali	Syriac
Bisayan	Hawaiian	Norwegian	Tagalog
Bulgarian	Hebrew	Patois	Tamil
Burmese	Hindi	Pennsylvania Dutch	Telugu
Cajun	Hmong	Persian	Thai
Chinese	Hungarian	Polish	Tongan
Croatian	Ilocano	Portuguese	Turkish
Cushite	Indonesian	Punjabi	Ukrainian
Czech	Irish Gaelic	Romanian	Urdu
Danish	Italian	Russian	Vietnamese
Dutch	Jamaican Creole	Samoan	Yiddish
English	Japanese		
	Kannada		
	Karen		
	Korean		
	Kru, Igbo, Yoruba		

If other, please specify:

Military Information

Are you committed to fulfill a U.S. military active duty service obligation/deferment?* Yes No

If yes, number of years remaining: Branch:

Do you have any other service obligations (e.g., military reserves, public health/state programs)?* Yes No

If yes, describe:
255-character limit

Hometown(s)

Hometown is an area(s) where you currently or previously lived and feel strong ties or sense of belonging to. You may enter up to three hometowns. Refer to page 10 for guidance around setting.

Country*:

State/Province:

City*:

Postal Code:

Setting:

Geographic Preferences

The division preferences section offers you an opportunity to communicate your preference or lack of preference for particular geographic divisions. Indicate your preference (or lack of preference) for up to three U.S. Census divisions.

- If you select a particular division, then only programs located in the division and to which you apply will see your response.
- If you select "I do not have a division preference," then all programs to which you apply will see your response.
- If you skip this section, then no information will be provided to any program.

Entry 1

U.S. Census division:

Please describe your preference or lack of preference for the division you selected (300-character limit):

Entry 2

U.S. Census division:

Please describe your preference or lack of preference for the division you selected (300-character limit):

Entry 3

U.S. Census division:

Please describe your preference or lack of preference for the division you selected (300-character limit):

Setting Preferences

The setting preferences section is designed to give applicants the opportunity to communicate their preference or lack of preference for urban or rural settings.

Indicate your preference or lack of preference for rural or urban settings.

Please describe your setting preference or lack of preference (300-character limit):

Education

Higher Education

This section allows multiple entries for each undergraduate and graduate school you have attached.

Since most non-U.S. educational systems do not follow the U.S. model, almost all students and graduates of international medical schools will indicate "None."

None

Entry 1

Institution*		Location*	
Education Type*		Field(s) of Study*	
Degree Expected or Earned*			
If Yes: Degree		Month	Year
Dates of Attendance: From Month*	From Year*	To Month*	To Year*

Entry 2

Institution*		Location*	
Education Type*		Field(s) of Study*	
Degree Expected or Earned*			
If Yes: Degree		Month	Year
Dates of Attendance: From Month*	From Year*	To Month*	To Year*

Medical Education

This section allows entries for each medical school you have attended.

Entry 1

Country*

Institution*

Degree*

Degree Month*

Degree Year*

Dates of Education

From Month*

From Year*

To Month*

To Year*

Entry 2

Country*

Institution*

Degree*

Degree Month*

Degree Year*

Dates of Education

From Month*

From Year*

To Month*

To Year*

To Month*

Academic/Professional Interruptions or Extensions*

Note: This section is not intended to solicit information about your health, disability, or family status.

Have you had any **academic** extensions, leaves gaps, or breaks in your educational program due to **repeated or remediated coursework**?

Yes No

If yes, please explain the reason, timeframe, what steps you took to address it, and what you learned from it.

Have you had any professional extensions, leaves gaps, or breaks in your educational program due to **professionalism sanctions or any other adverse actions** by your medical school or its parent institution?

Yes No

If yes, please explain the reason, timeframe, what steps you took to address it, and what you learned from it.

Honors & Awards

Honor Societies

Sigma Sigma Phi Status: (D.O. applicants only)

Alpha Omega Alpha Status:

Gold Humanism Honor Society Status:

Other Honors or Awards:

Honor or Award Type:

Name:

Description:

Date Received:

Professional Memberships

Organization Name:

Selected Experiences

Please identify and describe up to 10 experiences that communicate who you are, what you are passionate about, and what is most important to you.

Entry 1

Organization*

Experience Type*

Position Title*

I am currently working in this role

Start Date*

End Date*

Country*

State/Province*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles, and
Responsibilities:

750-character limit

Entry 2

Organization*

Experience Type*

Position Title*

I am currently working in this role.

Start Date*

End Date*

Country*

State/Province*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles, and
Responsibilities

750-character limit

Guidance for Settings:

- **URBAN:** The central part of a city; high population density; high density of structure such as houses, buildings, railways; public transportation more readily available for commuting; most jobs are non-agricultural.
- **SUBURBAN:** Smaller urban area around a city; less populated than a city; serves mainly as residential area for city's workforce; mostly residential with single-family homes, stores, and services; more parks and open spaces than a city; limited public transportation and private vehicles needed for commuting.
- **RURAL:** Large amounts of undeveloped land; low population density; open areas of land with few homes or buildings; no public transportation; private vehicles needed for commuting; main industries likely to be agriculture or natural-resource extraction.

Entry 3

Organization*

Experience Type*

Position Title*

I am currently working in this role.

Start Date*

End Date*

Country*

State/Province*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles, and Responsibilities

750-character limit

Entry 4

Organization*

Experience Type*

Position Title*

I am currently working in this role.

Start Date*

End Date*

Country*

State/Province*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles, and Responsibilities

750-character limit

Entry 5

Organization*

Experience Type*

Position Title*

I am currently working in this role.

Start Date*

End Date*

Country*

State/Province*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles, and Responsibilities

750-character limit

Entry 6

Organization*

Experience Type*

Position Title*

I am currently working in this role.

Start Date*

End Date*

Country*

State/Province*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles, and Responsibilities

750-character limit

Entry 7

Organization*

Experience Type*

Position Title*

I am currently working in this role.

Start Date*

End Date*

Country*

State/Province*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles, and
Responsibilities

750-character limit

Entry 8

Organization*

Experience Type*

Position Title*

I am currently working in this role.

Start Date*

End Date*

Country*

State/Province*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles, and
Responsibilities

750-character limit

Entry 9

Organization*

Experience Type*

Position Title*

I am currently working in this role.

Start Date*

End Date*

Country*

State/Province*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles, and Responsibilities

750-character limit

Entry 10

Organization*

Experience Type*

Position Title*

I am currently working in this role.

Start Date*

End Date*

Country*

State/Province*

City*

Postal Code*

Participation Frequency

Setting

Primary Focus Area

Key Characteristics

Context, Roles, and Responsibilities

750-character limit

Selected Experiences | What made this experience meaningful?

Identify and describe up to 3 of the 10 experiences that you found the most meaningful.

Reflect on the experience, why it was meaningful, and how it influenced you. Weave in the focus area or key characteristic you tagged. This should not describe what you did in the experience or list a set of skills that you developed or demonstrated during the experience.

1 of 3 Meaningful Experiences

Description:

300-character limit

2 of 3 Meaningful Experiences

Description:

300-character limit

3 of 3 Meaningful Experiences

Description:

300-character limit

Impactful Experiences

Program directors are interested in learning more about other impactful experiences applicants may have encountered or overcome on their journey to residency. This section is designed to give applicants the opportunity to provide additional information about their background or life experiences that is not captured elsewhere in the application (e.g., information written in this section should not be the same as what is included in the personal statement).

Please describe any challenges or hardships that influenced your journey to residency. This could include experiences related to family background, financial background, community setting, educational experiences, and/or general life experiences.

Please consider whether this section applies to you. Programs do not expect all applicants to complete this section. This section is intended for applicants who have overcome major challenges or obstacles. Some applicants may not have experiences that are relevant to this section. Other applicants may not feel comfortable sharing personal information in their application.

The following examples can help you decide whether you should respond to the section and what kinds of experiences are appropriate to share on the MyERAS application. Please keep in mind that this is not a fully inclusive list:

- Family background (e.g., first generation to graduate college).
- Financial background (e.g., low-income family, worked to support family growing up, work-study program to pay for college).
- Community setting (e.g., food scarcity, poverty or crime rate, lack of access to medical care).
- Educational experiences (e.g., limited educational opportunities, limited access to advisors or mentors).
- Other general life circumstances (e.g., loss of a family member, serving as a caregiver while working or in school).

750-character limit

Hobbies & Interests

Please provide details regarding your hobbies and interests.

300-character limit

Licenses & Certifications

Please add an entry for any of your state medical licenses.

None

Entry 1

State*

License Type*

License Number*

Expiration Month*

Expiration Year*

Entry 2

State*

License Type*

License Number*

Expiration Month*

Additional Questions

Are you able to carry out the responsibilities of a resident, intern, or a fellow in the specialties and at the specific training programs to which you are applying, including the functional requirements, cognitive requirements, and interpersonal and communication requirements with or without reasonable accommodations?*

	Yes	No	No Response
Has your medical license ever been suspended/revoked/voluntarily terminated?*	Yes	No	
Have you been named in a malpractice case?*	Yes	No	
Is there anything in your past history that would limit your ability to be licensed or would limit your ability to receive hospital privileges? (Note: This section is not intended to solicit information about your health, disability, or family status).*	Yes	No	
Have you ever been convicted of a misdemeanor in the United States?*	Yes	No	
Have you ever been convicted of a felony in the United States?*	Yes	No	
If yes, please explain.*			

Board Certifications

Are you board certified? * Yes No

If yes,
Certifying Board:

If other, Board Name:

Certification(s):

Other Certifications

Do you have other medical or health care related certifications? Yes No

Certification(s):

Date Received:

Valid Until:

DEA Registration

DEA Registration Number:

Expiration Month

Expiration Year

Publications

Add an entry for each of your publications.

Peer-Reviewed Journal Articles/Abstracts

Journal Article(s)/
Abstract(s) Title*
255-character limit

Author(s)*

(Last Name, First InitialMiddle Initial)

Publication Name*

Publication MEDLINE Unique Identifier (PMID)

Publication Volume*

Issue Number*

Pages* *(e.g., 200-212)*

Month*

Year*

Article URL

Peer-Reviewed Journal Articles/Abstracts (Other Than Published)

Journal Article(s)/
Abstract(s) Title*
255-character limit

Author(s)*

(Last Name, First InitialMiddle Initial)

Publication Name*

Publication Status*

Month*

Year*

Article URL

Peer-Reviewed Book Chapter

Chapter Title*	
<i>255-character limit</i>	
Name of Book*	
Author(s)*	<i>(Last Name, First InitialMiddle Initial)</i>
Editor(s)*	<i>(Last Name, First InitialMiddle Initial)</i>
Publisher*	
Pages*	<i>(e.g., 200-212)</i>
URL	
Country*	
Year*	

Scientific Monograph

Monograph Title*	
<i>255-character limit</i>	
Publication Name*	
Volume*	
Issue Number*	<i>(e.g., 200-212)</i>
Author(s)*	<i>(Last Name, First InitialMiddle Initial)</i>
Year*	
URL	

Other Articles

Title of Other Article*	
<i>255-character limit</i>	
Author(s)*	<i>(Last Name, First InitialMiddle Initial)</i>
Publication Name*	
Publication Date*	<i>(MM/DD/YYYY)</i>
Article URL	

Poster Presentation

Poster Presentation Title*
255-character limit

Author(s)/Presenter(s)*

(Last Name, First InitialMiddle Initial)

Event/Meeting*

Country*

State/Province

City*

Presentation Date*

Event/Meeting URL

Poster URL

Oral Presentation

Oral Presentation Title*
255-character limit

Author(s)/Presenter(s)*

(Last Name, First InitialMiddle Initial)

Event/Meeting*

Country*

State/Province

City*

Presentation Date*

Event/Meeting URL

Presentation URL

Peer-Reviewed Online Publication

Online Publication Title*
255-character limit

Author(s)*

(Last Name, First InitialMiddle Initial)

URL*

Publication Date* *(MM/DD/YYYY)*

Non-Peer-Reviewed Online Publication

Online Publication Title*
255 Character Max

Author(s)*

(Last Name, First InitialMiddle Initial)

URL*

Publication Date* *(MM/DD/YYYY)*

Specialty Questions

The specialty listed in this page require that applicants answer additional questions. Responses will only be sent to programs within the corresponding specialty. Responses are editable until the application is certified & submitted.

Anesthesiology

Describe a time when you faced adversity, how you overcame it, and any lessons learned from it.

500-character limit

Describe a situation in which you would have made a different decision that might have led to a better outcome.

500-character limit

Describe your ideal career as an attending.

500-character limit

Specialty Questions

The specialty listed in this page require that applicants answer additional questions. Responses will only be sent to programs within the corresponding specialty. Responses are editable until the application is certified & submitted.

Neurosurgery

Describe a time when you had to make a quick decision. What did you consider when making the decision? Who did you consult or not and why?

1000-character limit

Describe a specific situation where you received negative feedback about your performance. How did you adjust your behavior? What did you learn from this situation?

1000-character limit

Describe a specific situation when your workload was overwhelming. What specific actions did you take to manage your workload? What was the outcome?

1000-character limit

Specialty Questions

The specialty listed in this page require that applicants answer additional questions. Responses will only be sent to programs within the corresponding specialty. Responses are editable until the application is certified & submitted.

Plastic Surgery - Integrated

Describe a a specific situation when a team you were on had to collaborate to achieve an outcome and there was a disagreement. How did you specifically contribute to the solution?

500-character limit

Describe a specific situation where you experienced a setback. How did you overcome this challenge?

500-character limit

Describe a time when you had to make an important decision quickly. What did you consider when making the decision?

500-character limit

Program Signals

Program signals offer applicants the opportunity to express interest in a residency and fellowship program at the time of application. *Additional information coming soon! Please visit the [MyERAS Application and Program Signaling webpage](#) for more information. This worksheet will be updated as new information becomes available.*

Signals must be designated prior to applying and are sent at the time of application. Below are the specialties participating in program signals and their allotted signals. Participating programs display in the MyERAS program search.

September Cycle Residency Specialties

- Anesthesiology (5 gold, 10 silver signals)
- Child Neurology & Neurodevelopmental Disabilities (3 signals)
- Dermatology (3 gold, 25 silver signals)
- Diagnostic Radiology (6 gold, 9 silver signals)
- Family Medicine (5 signals)
- General Surgery (15 signals)
- Internal Medicine (3 gold, 12 silver signals)
- Internal Medicine & Medical Genetics (3 signals)
- Internal Medicine and Psychiatry (2 signals)
- Interventional Radiology (8 signals)
- Neurological Surgery (25 signals)
- Neurology (8 signals)
- Orthopedic Surgery (30 signals)
- Otolaryngology (25 signals)
- Pathology (5 signals)
- Pediatrics & Medical Genetics (3 signals)
- Pediatrics (5 signals)
- Pediatrics/Psychiatry/Child and Adolescent Psychiatry (3 signals)
- Physical Medicine and Rehabilitation (20 signals)
- Plastic Surgery - Integrated (pending signals)
- Public Health and General Preventive Medicine (pending signals)
- Psychiatry (10 signals)
- Radiation Oncology (4 signals)
- Thoracic Surgery (3 signals)
- Transitional Year (12 signals)
- Vascular Surgery - Integrated (pending signals)

July Cycle Fellowship Specialties

- Allergy/Immunology (5 signals)
- Cardiovascular Disease (IM) (20 signals)
- Critical Care (IM) (3 gold, 12 silver)
- Critical Care (Pediatrics) (2 signals)
- Endocrinology (IM) (5 signals)
- Gastroenterology (IM) (5 gold, 10 silver)
- Gastroenterology (Pediatrics) (3 signals)
- Hematology & Medical Oncology (IM) (5 gold, 15 silver)
- Hospice & Palliative Care (Multi) (5 signals)
- Neonatal-Perinatal Medicine (Pediatrics) (3 gold, 5 silver)
- Pulmonary Diseases & Critical Care (IM) (3 gold, 12 silver)
- Pulmonary (IM) (3 gold, 12 silver)

Certification

I certify that the information contained within the MyERAS application is complete and accurate to the best of my knowledge. All written passages, such as the personal statement and descriptions of work/activities are my own and have not been written, in part or in whole, by another author and I might use mentors, peers, and/or AI tools for brainstorming, proofreading, or editing, my final submission represents my own work and accurately reflects my experiences. I understand that any false or missing information may disqualify me from consideration for a position; may result in an investigation by the AAMC per the [attached policy](#) (PDF); may result in expulsion from ERAS; or, if employed, may constitute cause for termination from the program. I also understand and agree to the [AAMC Web Site Terms and Conditions](#) and to the [AAMC Privacy Statement](#) and the AAMC Policies Regarding the Collection, Use and Dissemination of Resident, Intern, Fellow, and Residency, Internship, and Fellowship Application Data ([attached policy](#), PDF) and to the AAMC's collection and other processing of my personal data according to these privacy policies. In addition, I consent to the transfer of my personal data to the AAMC in the United States, to those residency programs in the United States and Canada that I select through my application, and to other third parties as stated in these Privacy Policies.*