

Dear Colleagues,

Following last week's opening, we are excited to share some **very positive preliminary data from the 2025 ERAS® residency season**, which continue to show a trend toward **lower overall application numbers** across multiple specialties. This is the first of several updates you can expect throughout the year as we refine our processes and share more data to better support applicants, programs, and specialties.

Data, Innovation, and Leadership Driving Change

Thank you for putting your trust in the AAMC. Over the past year, we've focused on innovation, data, and leadership. We've listened to our community and taken meaningful action. By working closely with specialty leaders, we've made significant progress on many fronts, from refining the application and simplifying the interview process to improving data transparency and enhancing applicant education.

Data

- **Decline in Average Applications:** With better data and tools like program signaling, applicants are making more informed, strategic decisions, which has led to an overall reduction of 7.3% in the average number of applications per applicant — particularly for MD (9.97% decrease) and DO applicants (11% decrease).
- **More Data Transparency:** As we move forward, expect more detailed and accessible data through [ERAS Statistics](#) to help programs and applicants better navigate the residency process.

Tools and Technology

- **Streamlined Selection and Interview Management:** With nearly 90% of all programs adopting Thalamus tools, applicants can now receive invitations and manage their interviews in one place on a mobile device. And the whole community benefits from specialty-, program-, and school-level data and analytics.

- **Improving the Program Experience:** Thalamus, the premier platform designed exclusively for graduate medical education (GME), offers waitlist, self-service rescheduling, and freeze/lockout capabilities, providing applicants and programs with integrated features to efficiently manage the interview process - the most time-consuming part of the selection process.

Engagement, Education, and Resources

- **Increased Engagement with Specialties and Programs:** We're strengthening our partnerships with specialty leaders, refining application tools, and ensuring that the data we provide are actionable and useful.
- **Enhanced Educational Initiatives:** Through initiatives like the [Specialty Spotlight Webinar Series](#), we're providing applicants with crucial information to navigate the residency process more effectively.
- **Greater Support for Applicants:** The AAMC-Thalamus collaboration enables more robust data that further improve applicant resources such as the [Residency Explorer™ tool](#) and the [Careers in Medicine® program](#). These tools help applicants make thoughtful, data-driven choices that can reduce the number of applications and associated costs.

Commitment to Reducing Costs and Applications

At the heart of these efforts is our commitment to reducing the cost and burden of the application process — and we've delivered.

Combining our new pricing model and fee assistance with innovative solutions and continued partnership with specialties, we've created a more streamlined and cost-effective experience for both applicants and programs.

We are thrilled to see the early results and look forward to sharing more updates as the season progresses. Thank you for your continued support in making the residency application process more effective and efficient for all.

Sincerely,

Patrick Fritz

Senior Director for Residency and Fellowship Services