Sub-Internship
While no specific sub-internship is preferred, some ICU experience is recommended either to satisfy the sub-internship requirement or as a separate elective.

Basic Scheduling Principles for Otolaryngology
Most decisions regarding the application to Otolaryngology Residency programs must be made early in your Medical School experience. While the match system for Oto is now in March along with the other specialties, the Oto application, including letters of recommendation, must be completed by late summer of the M4 year. Many programs still interview in the late fall and early winter. Thus, the more typical options used by students are as follows:

1. Students should rotate on Otolaryngology early in their fourth year. They should also identify a faculty mentor who can help them navigate the application process and advise them on the quality of the various programs.
2. If there is a specific program you are interested in, an early rotation prior to October/November may help your chances in the match. Resist, however, the temptation of doing multiple away rotations as this will dilute your overall medical education and may ultimately limit your options in Otolaryngology.
3. An outstanding course for future Otolaryngologists, Neurosurgeons, Ophthalmologists and Radiologists is currently offered in March. It is entitled Applied Anatomy of the Head and Neck and offers extensive anatomic review of the entire head and neck region, skull base, orbits, and mediastinum.
4. Research experience can be extremely helpful when applying for a residency spot in Oto. Research experience can be demonstrated in several ways:
   - Research elective
   - Collaboration on a clinical research project
   - Demonstration of an ongoing focus in research earlier in training, which may include undergraduate research, graduate-level research or other medical school experiences.
   - In depth research experience integrated into medical school training (i.e Howard Hughes or ARTOP)

Electives
Take time to round out your medical education. You may want to consider a clinical field related to Otolaryngology such as neurosurgery, neurology, ophthalmology, or plastic surgery. Be sure to consider as much breadth as possible when looking at your medical education as a whole. Useful experience can be gained in anesthesiology, radiology, general medicine, or any rotation that has a high proportion of outpatient work. Most importantly, have fun and learn as much as possible. This is the best year of your formal education. Consider attending several of the Otolaryngology Medical Student Interest Group meetings (OMSIG) and please seek the guidance of as many house officers and faculty as possible. Several faculty members serve as career advisors and we are all willing to help you with your future career plans.

Interviewing
Most programs interview from early November until early February, with the lion's share occurring December/January. Most students apply to around 30+ schools, and interview at approximately 10-15 schools depending on the competitiveness of their application.