

# PRE-RESIDENCY CHECKLIST



**Congrats, you're graduating! Now it's time to get organized. Use this checklist made just for you to get ready for residency!**

## HOUSING



- Depending on where you're matched and the duration of your residency, you might want to consider renting vs buying. If you're not familiar with the area, a licensed realtor that is can help!
- Ideally, you'll want to time your moving expenses with your first paycheck. Look into your program more to find out if they may offer financial assistance programs to help fill this gap.

## MOVING



- If you have to move, think about whether you'll keep all your stuff or if you can part ways with it. You can sell it or even donate it to charity for a possible tax deduction.
- If you're using a moving company, be sure to do your research on the company. Check out their reviews and pricing. And be mindful of over-the-phone quotes – they'll often low-ball estimates!
- Be sure to change your address with the postal service, update your voter registration, and your driver's license (if necessary).
- Get to know your new city! Check out local restaurants, find a good hair salon/barber, research dentists, etc.

## FINANCES



- Look at your loans. If you have them, take this extra time to look into refinancing or repayment plans. Meet with a counselor at Yale to discuss what could work for you.
- Consider Public Service Loan Forgiveness, or PSLF. Once you start working, fill out an employee certification application to see if your residency program qualifies. Then, begin the process!

**Last but not least, enjoy this time while you have it! Spend time with your family and friends, travel to that place you've always wanted to, or read that book you've been meaning to get to.**

**Your residency will be a big step on your medical journey, so be sure to make it an enjoyable one. Take on your new experience with confidence!**

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