	Description	How to obtain/submit	Best practices
Medical Student Performance Evaluation (MSPE)	Evaluates a medical student's performance during his or her academic career relative to his or her peers. The MSPE should not act as a predictor of your future performance but provide information about your academic performance.	You can obtain your MSPE from your medical school and upload it via OASIS if your school does not participate in EMSWP ERAS. If your medical school participates in EMSWP ERAS, contact your school to request upload of the document. Once received, it will take up to five days to process.	If you are unable to provide a MSPE, you must indicate this on the Additional Documentspage of the MyERAS application. A neutral placeholder letter will be provided in place of the MSPE.
Medical School Transcript	Medical School Transcripts may also be known as mark sheets, time sheets, or hour sheets. Ideally, they will give program directors an overview of the subjects you studied in medical school, how long you studied each subject, and how well you did on your exams.	You can obtain your Medical School Transcript from your medical school and upload it via OASIS if your school does not participate in EMSWP ERAS. If your medical school participates in EMSWP ERAS, contact your school to request upload of the document. Once received, it will take up to five days to process.	Must include your full name and should not be on "security paper" with a busy background because it may make the scanned image illegible. Ask your school to copy your transcript onto plain paper. If you are unable to provide a medical school transcript, you must indicate this on the Additional Documents page of the MyERAS application and a placeholder letter will be provided in place of the transcript.
Letters of Recommendation (LoRs)	LoRs should be substantive in content and give the residency program director a clear picture of your current skills and clinical ability, in addition to your personal characteristics such as professionalism, leadership, and interpersonal skills both in the patient setting, as well as with hospital staff.	Can be submitted through the AAMC's Letter of Recommendation Portal (LoRP). If you have waived your right to view an LoR, your letter writer must upload the letter on your behalf through AAMC's LoRP. If you have not waived your right to view an LoR, you are permitted to upload a copy through the AAMC's LoRP, logging in using your AAMC account. Programs are able to view who has uploaded the document.	When seeking LoRs, you should approach those physicians who are most familiar with your clinical abilities, medical knowledge, work ethic, interpersonal skills with patients and their families, and your ability to work as part of a team.
Photograph	Programs will use your photograph to identify you at the interview and as a memory aid when creating a rank order list.	Use OASIS to upload your photograph as a JPEG. Once successfully uploaded through OASIS, your photograph will update in MyERAS within 24 hours.	The photograph must be a clear, full front view of your head and shoulders, and your expression should be natural with your eyes open and looking directly ahead.