Post Match Reporting

2012/2013 Match Cohort Data

Specialty: Internal Medicine
N= 47 (14.5% match cohort)

<table>
<thead>
<tr>
<th>Item</th>
<th>N</th>
<th>% of specialty cohort</th>
<th>Mean</th>
<th>Standard Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graduation year</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>18</td>
<td>38.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td>29</td>
<td>61.7%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Three digit Step 1 score</td>
<td></td>
<td></td>
<td>231.3</td>
<td>26.3</td>
</tr>
<tr>
<td>MSPE Adjective:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outstanding</td>
<td>14</td>
<td>29.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Superior</td>
<td>8</td>
<td>17.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excellent</td>
<td>25</td>
<td>53.2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very Good</td>
<td>0</td>
<td>0.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td>0</td>
<td>0.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AOA elected</td>
<td>10</td>
<td>21.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applied to preliminary or transitional programs:</td>
<td></td>
<td></td>
<td>0</td>
<td>0.0%</td>
</tr>
<tr>
<td>Other specialties applied to:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Medicine</td>
<td>3</td>
<td>6.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obstetrics &amp; Gynecology</td>
<td>1</td>
<td>2.1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surgery</td>
<td>1</td>
<td>2.1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of categorical programs applied to</td>
<td></td>
<td></td>
<td>24.4</td>
<td>16.2</td>
</tr>
<tr>
<td>Received position via the match</td>
<td>40</td>
<td>85.1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Received position via scramble</td>
<td>0</td>
<td>0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Received position outside of the match</td>
<td>2</td>
<td>4.2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honors Received:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anesthesia</td>
<td>16</td>
<td>34.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FCM</td>
<td>16</td>
<td>34.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Internal Medicine</td>
<td>20</td>
<td>42.6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neurology</td>
<td>16</td>
<td>34.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obstetrics/Gynecology</td>
<td>17</td>
<td>36.2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pediatrics</td>
<td>15</td>
<td>31.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatry</td>
<td>11</td>
<td>23.4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surgery</td>
<td>13</td>
<td>27.7%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Post Match Reporting

2012/2013 Survey Respondent Cohort Data

Specialty: Internal Medicine
N= 34 (14.6% survey respondents)

<table>
<thead>
<tr>
<th>Item</th>
<th>N</th>
<th>% of specialty cohort</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Min</th>
<th>Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>For your specialty of choice, how many programs did you rank?</td>
<td></td>
<td></td>
<td>9.2</td>
<td>3.3</td>
<td>2</td>
<td>20</td>
</tr>
<tr>
<td>How many programs invited you to interview?</td>
<td></td>
<td></td>
<td>11.5</td>
<td>3.8</td>
<td>4</td>
<td>23</td>
</tr>
<tr>
<td>How many interviews did you accept?</td>
<td></td>
<td></td>
<td>9.1</td>
<td>2.6</td>
<td>4</td>
<td>17</td>
</tr>
<tr>
<td>Total Spent on Interviews</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$0-$500</td>
<td>2</td>
<td>5.9%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$501-$1000</td>
<td>7</td>
<td>20.6%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1001-$2000</td>
<td>11</td>
<td>32.4%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$2001-$3000</td>
<td>5</td>
<td>14.7%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$3001-$4000</td>
<td>7</td>
<td>20.6%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&gt;$4000</td>
<td>2</td>
<td>5.9%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Where did the program you ranked fall on your rank list?</td>
<td></td>
<td></td>
<td>1.6</td>
<td>1.4</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>Did you review your application with a career advisor before applying?</td>
<td>23</td>
<td>67.6%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did you complete a Pathway project?</td>
<td>10</td>
<td>29.4%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did you complete a research project in the field you matched?</td>
<td>22</td>
<td>64.7%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did you have a publication during medical school?</td>
<td>21</td>
<td>61.8%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The field project was in:

Breast Cancer
Cardiology
Cardiology
Cardiology
cardiovascular research
diabetes and socioeconomic status, colon cancer screening
epidemiology
Health Policy
Hematology/oncology
Hepatology
Immunology
Infectious diseases
Infectious Diseases
Inflammation
injection drug users
Internal Medicine
medical education
Medical education - Hep B student run clinic
medicine
Palliative Care and Heme/Onc
Patient safety
QI

Describe any publications:

Abstract and oral presentation at a regional conference
Association between maternal migraine and infantile colic
Based upon work that I did prior to medical school. Research was in the field of immunology, determining the role of a protein complex called the inlammasome in osteolysis in response to joint prosthesis debris or other foreign bodies.

Co-author of study published in PLoS ONE / Co-author of book chapter

Enzymatic analysis of allosteric regulation in caspase-1

I took a year off between my undergraduate education and medical school to work in a neurocognitive development lab, contributing to a research project that used neuroimaging to examine emotional processing and memory in participants who were fragile x premutation carriers. I was the 5th author on a peer-reviewed article that was published in Biological Psychiatry while I was in medical school.

One paper from my SARS virus research for my Masters' thesis in college (2nd author)One paper in Emergency Medicine on out of hospital cardiac arrest (2nd author) One paper on Hep B student run clinic (4th author) poster presentations

Primary basic science research resulting in PhD research from before med school but published in 2012. Also posters.

Second author in clinical research paper and first author of patient safety education paper

Society of General Internal Medicine Poster Presentation

Statewide report on Health Status of American Indian/Alaska Native Elders in California

Support on a couple projects in electrophysiology

They were all from my MPH work, but coincidentally finished review and published during MS1. 1 was first author about global health at the University of Hawaii, and 2 were second author on other topics.

Two first-author publications (original article & research letter) in peer-reviewed journals. Both were regarding electrocardiographic risk factors for atrial fibrillation.

two peer reviewed papers, first author

Who was your most effective career advisor in field matched?

Beth Harleman

Cindy Lai

Dr. Gurpreet Dhaliwal

Dr. Karen Hauer

Dr. Kirsten Greene

Dr. Sima Desai at OHSU

Ellen Hughes
a former 3rd year medicine attending

My research mentors, classmates who are now residents

Nehraj sehgaj

Sharad Jain

**What were your most useful career resources?**

Career advisors and mentors

Dr. Dhaliwal is an amazing advisor. He gave me great feedback on my application and helped me develop a list of programs that would meet my interests. He was very astute regarding where I would get interviews and accepted. He was tremendously helpful and quite accurate throughout the application process. FREIDA Online is also a very helpful resource to search for programs.

Dr. Hauer, letter writers, college advisor, talking to current residents

Freida website was a great resource

Having Karen Hauer look over my personal statement and application was extremely helpful. She gave very clear and reasonable advice.

I talked to career advisers before the application.

Karen Hauer / other faculty

Karen Hauer / UCSF internal medicine residents / Online residency rank lists

Karen Hauer is awesome and sets very honest (and conservative) expectations. Talking to people who are in the program who went to UCSF or other people you know in the program was extremely helpful.

med student IM career advisors, my research mentor, attendings from 3rd and 4th year, Harry Hollander Office of Career and Professional Development for CV advice and interviewing advice peers

Post-match surveys

SDN

The information on moodle and workshops provided to us by UCSF were helpful in organizing the logistics and residency application. Dr. Margaret Wheeler helped me create a broad list of residency programs to apply to and fellow classmates and interns helped me decide what I wanted in a program.

UCSF graduates who were now interns/residents at the programs I was interested in

If you had to do anything differently in the residency matching process, what would it be?

- do away rotations- get more honors in third year- "network" in specialty area earlier on so advisors will advocate for you during interview process
Apply to fewer programs

Apply to fewer programs, using geographic location as a guide. I was open about where I really wanted to be (in terms of geography) at the start of the application process. However, as I was going on interviews and while preparing my rank list, I realized that geography played an important part in how I ranked programs.

Be a little bit more realistic in applying but definitely before interviews. For example, I applied to programs in Cleveland and Baltimore that were great programs, but when it came down to it there was no way I would end up there so I cancelled the interviews.

Be more assertive with program directors if I didn't receive an interview.

Be more clear that I was only applying locally to "lower tier" programs that I might not otherwise have considered.

Find more advocates earlier on

Go to less interviews.

Hotel costs will be burden of your expenses. You will spend MUCH MORE than people report in these questionnaires because everyone underestimates the cost of applying. Including fees associated with applying on ERAS, buying a new (cheap) interview suit, and travelling, it cost me nearly $5600 to interview at 10 programs. I applied to a few more programs than my advisor recommended. After going through the application process, I've realized that my advisor was very accurate in assessing my application and I should have applied and interviewed at fewer programs.

I would have tried to practice interview questions. I also would have made more a point to honor my sub-i even if my resident is toxic.

I would rank programs that sent me emails and were more communicative higher and sent them an email indicating this to improve my chances of matching. Secondly I would have applied more widely in the the US and removed my geographical limitations. I would have applied to more community programs in the geographical areas that I wanted to stay.

I would try not to over-interpret messages from program directors who told me I was a strong candidate. Not a reliable predictor of what will happen in the Match.

Know what I wanted to apply into earlier, and set myself up for that.

Nothing, I loved all of my interviews and felt it was a great amount.

Schedule interviews as soon as you receive them- I initially waited a few days to schedule and spots quickly filled up so I had limited dates to choose from.

Seek more mentorship directly from people in my field (I did research in a different field, then changed my mind). Not have had such difficulty during clerkships.

Start on my personal statement earlier. Submit my applications earlier.

To not apply for programs simply because the career advisor said so (waste of money if you have no intention of becoming a resident there)
Is there any other information helpful to UCSF students who will apply to your specialty choice in the future?

- Get honors in third year in all rotations, and definitely in your specialty. That matters most. I was told flat out that I would not get interviews at certain schools unless I had more than 50% honors in third year grades.
- Boards scores matter second.

Apply broadly and do as well as you can during third year without burning out. Do not let anyone (anyone) give you the false impression that you can rest on the laurels of coming from a program like UCSF. Yes, it helps, but at the end of the day, it won’t make up for not honoring your third year rotation in the field of your choice.

Definitely do at least one "warm-up" interview before you interview at your first-choice program.
- If you don't honor 3rd year medicine or don't honor your medicine sub-I, at least one program will ask you why that happened, so be ready for that question.
- If you express interest in research, some programs will ask you about your research projects in great detail, so be ready for that.

Don't bother sending thank you notes- it really doesn't make a difference for these interviews. Go to as many pre-interview dinners as possible- not only is free food and drink awesome it really gives you a sense of what the residents are like outside the hospital setting. Try to pay attention to what the 2nd and 3rd year curriculum is like: most intern years are the same, but the 2nd and 3rd years can be pretty different in terms of how your time is spent. Ask residents how vacation time is determined and how easy it is to switch with co-residents to get coverage if you have an event you need to get to (I found this varied widely by program).

Enjoy the process. Most interviews were relaxed and I could tell that the aim was to sell the program to me, more so than the other way around. That said, interview invites can seem random (different programs have different criteria); I heard that contacting the institution (or having your career advisor do so) can sometimes lead to an interview invite. Also, internal medicine interviews tend to happen later than most other specialties, so don't be bummed when your friends start getting invites and you haven't yet! Interview fatigue also starts to set in (the process is very tiring), so optimally try to schedule your top institutions around the middle.

Even though it's stressful and grueling, the process can be fun if you provide yourself enough time on your interviews to enjoy the cities you get to visit. Fourth year is pretty amazing so enjoy the ride and relax! Most people do better than fine but great!

For Medicine: It was a rude awakening to me that an average UCSF student was not well enough qualified to get an interview at UCSF. If you can pull it off, honors in medicine is REALLY helpful, as is well-placed mentors that can pull strings for you. It is much harder to stay at UCSF in medicine than I expected going into this process.

For OBGYN: You will likely over apply and over interview, but there are a lot of benefits of this and security that comes from this. Try not to stress out by the process! Get your application in on time, before interviews come out go through the websites of the residency programs and make a calendar of the interview dates. There are often dates that overlap and some schools (MGH/Brig, UCLA etc) that have 2 or 3 interview dates. Even as a well-qualified candidate you will not get every interview, especially on the west coast (like getting a MGH/Brig interview but not a UCSD interview for example). Prepare with a partner for behavioral interviewing questions.

I couple's matched, so that affected how far I went down my match list.

I didn't honor many 3rd year rotations but did honor quite a few in 4th year. While the lack of 3rd-year honors did limit the interview offers I got, my improvement in performance in 4th year helped and did get me a good amount of competitive interviews. So although 3rd year performance probably is the most important...
determining factor in where you'll interview, your 4th year performance is also important and can tip lots of potential offers in your favor.

I would advise students to talk to their career advisors early in the process. I found my advisors very helpful, from creating a reasonable list of programs to apply to, to editing personal statements, and to reviewing the rank list. It was great to find advisors who knew me well and who were able to offer very useful perspectives and advice during decision-making time.

If you don't have Honors during 3rd yr Medicine, don't expect interviews from any of the Big 5 names (including UCSF)

If your designated advisor is not advocating actively enough for you or if you feel there is a disconnect, don't feel afraid to ask someone else for help.

Make sure to get good letters of recommendation. Make appointments and talk to career advisers before interviews, after interviews and before submitting you rank list. Discuss what emails you have received, not what programs directors tell you during the interview day. It says a lot if they contact you afterwards. Submit you rank list based on your communications not based on where you want to go because at the end of the day you want to match!

More support. More clear tips on what communication we should have with programs.

Talk to your mentors, don't be afraid to "bother" people for information, because they usually have really great advice to give. Don't be afraid to set up an appointment even if you don't know them very well. Don't underestimate the power of a good personal statement.

The finances of residency & interviewing is stressful if you are a student without outside financial help. Having the option to include a loan in fourth year financial aid package or at the very least advising students to apply for outside or emergency loans in fall ahead* of time instead of after would save students from the financial stress. There are so many factors to consider when choosing a residency program, decide the factors that are most important to you (whether it be location/ proximity to family/friends, research opportunities, fellowship preparation, etc.) and focus on comparing programs using those factors instead of trying to take into account every little detail. Most importantly, spend the interview day assessing if you could see yourself fitting in with the culture and people of the program and if you could be happy there.

Try to group your interviews by location. It's far easier and cheaper to make one big swing through the northeast, for example, than to fly there on multiple occasions.