### 2013/2014 Match Cohort Data

**Specialty: Internal Medicine**  
N= 55 (16.2% 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>2013</td>
<td>29</td>
<td>52.7%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td>26</td>
<td>47.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Three digit Step 1 score</td>
<td></td>
<td></td>
<td>227.8</td>
<td>24.6</td>
</tr>
<tr>
<td>MSPE Adjective</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outstanding</td>
<td>14</td>
<td>25.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Superior</td>
<td>12</td>
<td>21.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excellent</td>
<td>29</td>
<td>52.7%</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>11</td>
<td>20.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applied to preliminary or transitional programs</td>
<td>0</td>
<td>0.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other specialties applied to:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anesthesiology</td>
<td>1</td>
<td>1.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Medicine</td>
<td>3</td>
<td>5.4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Medicine</td>
<td>1</td>
<td>1.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obstetrics &amp; Gynecology</td>
<td>1</td>
<td>1.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of categorical programs applied to</td>
<td></td>
<td></td>
<td>23.8</td>
<td>12.1</td>
</tr>
<tr>
<td>Received position via the match</td>
<td>54</td>
<td>98.2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Received position via SOAP</td>
<td>0</td>
<td>0.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Received position outside of the match</td>
<td>1</td>
<td>1.8%</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>19</td>
<td>34.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FCM</td>
<td>15</td>
<td>27.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Internal Medicine</td>
<td>27</td>
<td>49.1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neurology</td>
<td>17</td>
<td>30.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obstetrics/Gynecology</td>
<td>19</td>
<td>34.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pediatrics</td>
<td>13</td>
<td>23.6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatry</td>
<td>16</td>
<td>29.1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surgery</td>
<td>20</td>
<td>36.4%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Post Match Reporting

2013/2014 Survey Respondent Cohort Data

Specialty: Internal Medicine
N= 37 (15.7% 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>10.3</td>
<td>2.7</td>
<td>6</td>
<td>20</td>
</tr>
<tr>
<td>How many programs invited you to interview?</td>
<td></td>
<td></td>
<td>20.8</td>
<td>10.6</td>
<td>6</td>
<td>40</td>
</tr>
<tr>
<td>How many interviews did you accept?</td>
<td></td>
<td></td>
<td>18.5</td>
<td>10.5</td>
<td>6</td>
<td>34</td>
</tr>
<tr>
<td>Where did the program you ranked fall on your rank list?</td>
<td></td>
<td></td>
<td>2.1</td>
<td>1.2</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Did you review your application with a career advisor before applying?</td>
<td>16</td>
<td>43.2%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Before ranking programs, did you review your rank list with a career advisor?</td>
<td>23</td>
<td>62.2%</td>
<td></td>
<td></td>
<td></td>
<td></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>0</td>
<td>0.0%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$501-$1000</td>
<td>7</td>
<td>18.9%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1001-$2000</td>
<td>14</td>
<td>37.8%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$2001-$3000</td>
<td>6</td>
<td>16.2%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$3001-$4000</td>
<td>7</td>
<td>18.9%</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>$4001-$5000</td>
<td>3</td>
<td>8.1%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did you complete a Pathway project?</td>
<td>15</td>
<td>40.5%</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>28</td>
<td>75.7%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did you have a publication during medical school?</td>
<td>24</td>
<td>64.9%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The field project was in:

Breast Cancer
Cardiology
Cardiology
Cardiology
Cardiology
Cardiology
Cardiology

cardiovascular research

Case report of skin condition in HIV-positive men (Endocrine, Infectious Disease), Skin markers of women with PCOS (Endocrine), Late Congenital Syphilis Review (Infectious Disease), Participation of Women in Clinical Drug Trials

Clinical research on perioperative care regarding anticoagulation

cost effectiveness
epidemiology
Health Policy
Hematology/ oncology
Hepatology
HIV/Cardiology
Hospitalist
Immunology
Infectious diseases
Infectious Diseases
injection drug users
Internal Medicine
medical education
Medical education
medical education
Describe any publications:

1 first author research paper, 2 co-author research papers, 2 first author reviews

2 abstracts, 1 manuscript

A report in the International Journal of Cardiology on STEMI activations and EMS utilization among HIV-infected patients.

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.

Case report

Case Series of HIV-positive men with a rare dermatologic condition, Cutis Verticis Gyrata (case series) / Review article of Late Congenital Syphilis for VisualDx.com (review) / / Pending / Comparing Mortality between HIV+ homeless and housed individuals in SF (original article) / Comparing cutaneous manifestations of women with different subtypes of PCOS (original article)

Clinical journal regarding immunology basic science research

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

One peer reviewed article and one book chapters in fields of history and cultural anthropology.

poster presentations

research from before med school but published in 2012. Also posters.

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.

Third author.

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?**
*(number of multiple mentions)*

Beth Harleman

Dr. Gurpreet Dhaliwal (8)

Dr. Karen Hauer (20)

Dr. Margaret Wheeler (4)

Dr. Sima Desai at OHSU

Ellen Hughes (2)

Bob Nussbaum

Neil Shah

My research mentors, classmates who are now residents

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

Don't underestimate talking to friends at other programs, talking to current UCSF residents about their home programs and/or programs they also applied to and liked; a lot of curricula/opportunities are very similar, so knowing the nitty-gritty day-to-day helps.

Dr. Dhaliwal is an amazing advisor. He gave me great feedback on my application and helped me develop of 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

I actually think I did a lot of things "correct" which allowed me to get my top choice, which I considered a reach, and it was all advice that was given to us during the initial lecture.

I met or spoke with Dr. Hauer a few times during the application process. I felt her advice was very useful and honest.

I talked to career advisers before the application.

Karen Hauer / other faculty

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

Karen Hauer and Goop Dhaliwal are both fantastic resources; they're knowledgeable, interested and direct.

med student IM career advisors, my research mentor, attendings from 3rd and 4th year, Harry Hollander
My mentors, career advisors, and friends who had matched in similar programs.

My research mentor, residents/fellows/attendings on my electives/sub-I's, Margaret Wheeler (SFGH site director) has editorial experience if you want another set of eyes on your personal statement.

peers

Program websites, advisers, UCSF alumni at programs,

SDN

Speaking with the career advisor / Career development office for practice interviews/questions

Students from previous classes

talking to current residents in the programs

Talking to the residents in my specialty I had worked with to see where they applied to, interviewed, and ranked and why. Also talking to other faculty I trusted.

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.

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

Apply to fewer programs

Arrive two days before for East Coast interviews so as not to be exhausted for 7am interviews.

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.

Find more advocates earlier on

-Get a higher Step 1 score beforehand. It was a source of great anxiety. / /

Go to fewer interviews; understand importance of third year grades over pretty much everything else.

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 don't think I needed to apply to as many programs but wouldn't have changed that because I didn't know which would be a good fit. Think carefully before about where you would want to live and only apply those places.

I think UCSF advisors do a great job helping you toe the line between being confident and safe. Although at times it may feel overly conservative at times, I feel like their advice was spot on regarding how many programs to apply to.

I would have gone to fewer interviews - 6 would have been enough.

I would have gone to fewer interviews. I got 12 but only cancelled 1. Looking at my energy level and list at the end of the day, I would have been okay with 8-9. Also, I would not have scheduled interviews on consecutive days.

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 probably apply to fewer programs. I feel that geographic location is very important in ranking programs, so would only apply to programs where I would want to live for the next 3 years.

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 really - I took the Nov and Dec blocks off to interview, which was great. I was focused on my interviews and not on clerkships. I would recommend this to everyone.

Review my final rank list with more faculty advisors.

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.

**Is there any other information helpful to UCSF students who will apply to your specialty choice in the future?**

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. /

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 OB/GYN: 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 an MGH/Brig interview but not a UCSD interview for example). Prepare with a partner for behavioral interviewing questions.

Honor more rotations during 3rd year and the subi. It is crucially important. I had the impression that UCSF students were well received at places they interview, but because for internal medicine the main selection filter is pre-interview.

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.

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.

In addition to your medicine sub-I, it can be helpful to have a medical subspecialty rotation (ID, pulm, cards) during the pre-application months. This will open up more possibilities for letter writers.

In hindsight I think honors in both 3rd year clerkship and sub-I are the most important factor in getting interviews places but after that the process really seemed about being a good fit.

Internal medicine is becoming increasingly competitive due to the highly qualified applicants applying into the field. I recommend trying your best to excel during third year (clerkship grades matter)

It will be a very expensive process. You will need an $8,000 loan. Remember you can only apply for this loan once. Put all those costs out ahead of time and round up because there will be flight cancellations, etc.

Karen Hauer was really a tremendous resource and gave very spot on advice. Also, try to find a UCSFer at any program you're applying to (recent grads in particular) or a current UCSF resident/fellow who did their residency there.

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!

Many other programs will be interested in you, so apply broadly. Also, know that UCSF does not give special treatment to its own medical students. One UCSF faculty member put it nicely: "you are never a hero at home."

More support. More clear tips on what communication we should have with programs.
Take everything program directors say with a grain of salt--there are no guarantees, so prepare yourself to be happy at your top few places b/c you will be! Try not to buy into the hype/gossip from others applying in Medicine. Talk to advisors! It will make the process less stressful and you'll make a more informed decision.

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.