

Post Match Reporting
2022-2024 Match Cohort Data

Specialty: Anesthesiology
Number of Survey Respondents = 22
2022 (9%), 2023 (45%), 2024 (45%)

Match year	Match cohort	% total cohort
2022	4	2.7%
2023	13	7.2 %
2024	13	7.9 %

	Mean	St Dev
Step 2	250.91	14.09

Which career resources did you use to make your career decisions?

Confidential/Specialty Advisors	20
UCSF Post Match Reports	16
Near Peers	14
Participation in in-house and extramural electives	11
Reddit	11
Bridges Coaches	11
Doximity	8
Specialty interest group-sponsored panels and presentations	8
Texas Star Dashboard	8
Career Advising Website	7
Co-Directors of Career Advising Program, Drs. Brent Kobashi and Heather Whelan	5
Office of Career and Professional Development	5
Other publications and web-based resources	3
AAMC Careers in Medicine Website	3
School-sponsored career planning workshops and courses	1

Other: Please describe

3rd year rotations and electives were helpful. 4th year sub-I's ended up being critical for me to decide.
 Big Interview for residency interview preparation
 Personal experiences and MSARF program
 Serendipitous interactions with faculty

Did you review the list of programs to which you applied with a Specialty Advisor?

Yes	10
No	12

Before ranking programs, did you review your rank list with a Specialty Advisor?

Yes 4
No 18

If not a Specialty Advisor, whom did you review your rank list with?

Deans 1
Faculty 7
Family 12
No one 1
Partner/Spouse 15
Residents/Fellows 2

Other: Please describe

I didn't review my full list of applied programs or rank list with anyone except my partner. But I did speak to my mentor about my competitiveness and the number and tiers of programs I could feel comfortable applying to early in application season. I then spoke with my mentor before rank lists were due about how to navigate numerous "rank-to-match" offers and how to factor them into my decisions/how to approach letters of intent. Mentors and advisors knew the top group of my ranked programs but no one except family/partner knew the exact order - I'm too superstitious!

Heather Whelan
Family friends in Anesthesia

Were you advised to do an away rotation by a specialty advisor?

Yes 1
No 21

Who was your most effective career advisor for your specialty? (number of multiple mentions)

Dr Pardo 2
Gabe Sarah 3
Denise Chang, Neelesh Anand 1
Gabriel Sarah 2
Joyce Chang 2
Kristine Breyer 3
For Anesthesiology, Kristine Breyer was the most approachable and accessible, though she did often say she wasn't sure she had the answers and I should speak with other advisors. Gabe Sarah probably had the best information and the most "real" perspective, but seemed incredibly busy. 1
Near Peers 1
none, they all seemed disconnected 1
Odi Ehie 1
Solmaz Manuel 1

If you were to do anything differently in the residency application process, what would that be?

Looking back, I would have put less of an emphasis on the advice I was given by the Specialty Advisors, as it felt like some of the information I was provided was not as widely applicable as once thought.

Nothing

Apply to more programs (feels like anesthesia is getting more and more competitive) and more prelims/ TYs specifically. Also would have reached out to programs I was interested in earlier in the cycle instead of waiting until after they sent out multiple rounds of interview offers.

Probably apply to fewer programs (I spent so much money!), but I was couples matching and needed to play it safe. Otherwise, I feel good about how I approached the application process. I reached out for guidance when I had questions and tried to keep a cool head the rest of the time. I stayed very organized

None

There are many things I would have done differently, had I had the information I have now. I think some of my classmates did have this information in time to affect their application process. I'm very happy for them, but wish I had also had that opportunity. I was given advice to not do a sub I in the specialty I applied into, but I think that it would have been helpful to have done so, in terms of getting to know people. Additionally, I do not think I spoke with enough people in the department who might have been able to help me match higher on my rank list and knowledge of how important this is might have been helpful earlier in the process.

Network with more UCSF faculty in my specialty

My pre-lim apps did not go very well, so I ended up having to move rankings with pre-lim's attached towards the bottom of my list, which was not my preference. I'm not sure I could have gotten more pre-lim interviews, but I wonder if my medicine department letter wasn't the strongest or if my pre-lim persona statement wasn't great. It would have been nice to have gotten a larger number of pre-lim interviews.

Always, ask upper classmen for SubI recommendations for my specialty

Probably talk to more med students who graduated and see how they did their applications and common pitfalls I would've specifically completed my preliminary IM application more by writing my own personal statement for IM (I just did one for anesthesia)

Apply to less schools. With anesthesia going to gold and silver signals (15 total), I did not see a significant amount of interview invites outside of my signals. I applied to 48 anesthesiology programs and likely could have cut that list down to 25-30 given the heavy bias towards signals in my interview invites. I also could have likely applied to less prelim and TY programs, as I applied to 40 and could likely have applied to 25-30 as well.

don't listen to the specialty advisor, specialty was way more competitive than they thought. I was told that if I got

>230 on step 2 id be good...that is absolutely false and I knew that but it was funny that they said that

Apply to fewer places, save more money

apply to fewer programs, now with signaling (i.e. no more than number of signals)

Take more detailed notes during interviews about vibes, work schedules, etc. because it is so easy to forget small details once you've interviewed at multiple programs. Try to talk to as many residents as possible to fully assess vibes for programs I was ambiguous/unsure about to inform rank list later.

Please provide any other information that might be helpful to UCSF students who will apply to your specialty choice in the future

Apply broadly. While you are desirable as a student coming from UCSF, the current climate of virtual interviews have made it so that you are up against many other applicants, making the field much more competitive. Remember to be kind to yourself.

If applying to anesthesia, attend the annual ASA conference in the fall. Usually falls somewhere in October and has a meet and greet session with residency programs and PDs and was super helpful for getting interviews and putting your name/face out there.

- Stay organized from the very start of application season. I made an excel spreadsheet with all the places I applied and then edited it as interview offers came in/throughout interview season so I could keep track of everything in one place with interview dates, to do lists, etc.- Take lots of notes during pre-interview socials for each program. I often just transcribed resident quotes into a Google Doc about anything I found pertinent while I was on the Zoom social (call schedules, moonlighting, didactics, mentorship, non-clinical opportunities, red flags and be honest with yourself when there are red flags - definitely write these down! One of my top programs going in dropped very far down my list because of some of the quotes from residents I jotted down that highlighted the rough day-to-day life of the program, etc. Update these notes with additional pearls you learn on interview day. These notes will be SO useful when you go to make your rank list later. At the end of interview season, my top programs and bottom programs were very clear but I had no idea how to order my middle ones - these notes helped immensely. - After each interview, I gave the program a letter grade and would give it a preliminary ranking compared to other programs I'd interviewed at and put this info in my spreadsheet. My final rank list wasn't much different, so I found this pretty helpful. I also did a final stream of consciousness (whatever came to my mind and to my keyboard) after each interview, which I think became the most crucial thing in finalizing my rank list at the end because I could tell which programs I really vibed with and which I didn't based on my writing.- Try not to schedule more than 3 interviews a week. After prepping seriously for each one and attending all of the socials, much more than 3/week is rough.- Schedule your interviews for your top choices toward the middle or end so you can feel polished going in- Thank You Notes are a wash... they may help, they may not. Don't stress about it. I sent them to the PD/PC for my top 3 programs but nothing else.- Only send ONE letter of intent

Connecting with specialty advisors early and often is very helpful. Universally faculty will advocate for what and where you want to pursue training as a resident. No question is too dumb or small to ask.

I would not underestimate the power of getting to know people who have great influence on the residency program

selection process. Whether you do this by directly contacting them, or by doing a sub I in order to meet more people in the department in general, it will be more helpful than you think. Do not count on your achievements or test scores or sub I graded or letters alone.

Take a week or two to study for Altus. There are free online resources. I did this and felt it helped a lot. Make sure you put effort into your prelim apps if ranking 3-year programs or 3-year versions of programs is important to you. (perhaps personalize those prelim personal statements to each program?)

Kristine Breyer is helpful.

Reach out to advisors early. Anesthesia is becoming more and more competitive, and it is helpful to have advisors within the department to help you plan out the application process. Also, I would look at previous match lists and see where students from UCSF matched to. This helped me plan where to send signals and generally yielded good results for interview invites. Additionally, reading the post-match survey was helpful in grounding me in advice from near-peers who had recently gone through the application process.

Do not panic if you do not have anesthesia-specific letters. I found that letters from the ICU sub-i and surgical rotations (even if you only worked with them for a week!) were also valued during the residency interview and selection process. Identify an anesthesia resident or fellow who has recently gone through the anesthesia match as a mentor as they will have the most updated information regarding programs and applications. Be very thoughtful about where you send gold/silver signals as this will dictate the majority of your interviews. Do practice Zoom interviews as it's a skill of its own.

be authentic, there is only one you and you gotta own it

Try to have at least one anesthesia faculty member know you well, whether it be through clinical work, research, personal mentorship, etc. I think it goes a long way to have someone advocate for you for your favorite programs, and I was asked in my interviews who I worked with/quoted information from my letters of recommendation. Take prelim applications seriously if you're planning on applying to advanced programs, because the process was p competitive this year. My peak interview months were November/December so would recommend being on chill sub-Is/electives/Deep Explore during that time.