

Post Match Reporting
2022-2024 Match Cohort Data

Specialty: Emergency Medicine
Number of Survey Respondents = 30
2022(33%), 2023(33%), 2024(33%)

Match year	Match cohort	% total cohort
2022	14	3.4%
2023	14	7.7%
2024	19	11.6%

	Mean	St Dev
Step 2	246.60	12.34

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

Confidential/Specialty Advisors	26
Bridges Coaches	22
Near Peers	18
Co-Directors of Career Advising Program, Drs. Brent Kobashi and Heather Whelan	11
Specialty interest group-sponsored panels and presentations	11
Reddit	10
Doximity	10
AAMC Careers in Medicine Website	8
Career Advising Website	8
Participation in in-house and extramural electives	7
Texas Star Dashboard	6
UCSF Post Match Reports	6
Other publications and web-based resources	5
School-sponsored career planning workshops and courses	3
Office of Career and Professional Development	2

Other: Please describe

EMRA website
 None
 Research and Clinical mentors
 Residents
 spreadsheets online

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

Yes 26
 No 3

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

Yes 9
No 20

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

Deans 1
Faculty 5
Family 18
No one 1
Outside mentor(s) 9
Partner/Spouse 18
Residents/Fellows 9

Other: Please describe

I sought advice from friends, family, and mentor figures, but ultimately no one really saw the list as a whole and helped me review.

Friends applying into same specialty

Peers.

Classmates

Friends, peers

Close friends

Friends

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

Yes 13
No 15

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

Aaron Harries 20
Former Residents + Online forums (Reddit) 1
Marianne Juarez 9
Toff Peabody 1
Dina Wallin 1
Rachel Chin 1
coach, summer explore mentor 1
Dr. Lily Hitchner 1
Friends 1
Sally Graglia (coach) 1
Non-confidential specialty advisor. 1
Specialty advisor, Bridges coach 1

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

Send out letters of interest earlier. Apply more strategically to programs I could only see myself going to.

research programs earlier, apply to fewer programs

I would reach out to residents or even faculty at distant programs sooner to understand differences. At the same time I would do more personal reflection on what criteria would weigh most in ranking and given it was geography, I may have done fewer interviews. I really would have liked to understand my competitiveness better because numerically my boards scores were not competitive, but on the trail I was recruited very hard and got tons more interviews -- had I known, I would have applied more narrowly, and confidently!

I feel like a lot of times I had to seek out people and resources to help me figure out the residency application/scheduling 4th year process. To be honest, I think UCSF needs to do a much better job of supporting students through Step 1 and now Step 2. I felt very isolated and didn't know who I could reach out to for support/advice. I also heard that the SOAP process was very hands-off, and many of my classmates who did not match felt isolated, confused and unsupported by the school of medicine. To me this is not cool at all, and this issue needs to be addressed. Why are so many of my classmates not matching? We need more support through this process!

I did not realize how important it would be to be a familiar face to faculty/residents, as opposed to just having a strong application. I would have done more elective rotations and gone to more events.

not stress out so much about interviews
not apply to as many programs
not send an LOI

Nothing different.

Perhaps starting a little sooner since it was hard to get all the documents in order while on rotations. I was able to do it, but it was anxiety-inducing at that time.

Do fewer interviews.

I might talk over my rank list with more people, but I don't think it would have changed anything

Enjoy the process even more!

Not necessarily trust information so strongly.

Nothing, happy with my results.

I would probably have applied to fewer programs

I would have applied to fewer places with more targeted areas. I would have appreciated more guidance around programs and general reputations/feedback from faculty about different programs to help me guide my decisions around which programs I should have dropped interviews for.

None

Better prepare for my sub-I's with a more clinical elective beforehand. Have faculty reach out for me on my behalf.

Send a letter of intent to my top programs

Nothing, I am quite pleased with the way things worked out. I think everyone feels regret about over-applying but to me it was worth the cost and the reduced stress. I applied to 33 programs, got 27 interviews and interviewed at 14. This was the right amount for me and my goals but I know successful people who did fewer and/or more. I also think that it's important to be careful about who and what you share things with. Especially if you are trying to end up at UCSF. Yes they want to support you and help you, but they also have an interest to their program so be honest but never undersell your interest in your home program because they retain so many of us and you never want to hurt your chances there. This goes for residents too, especially in specialties where residents have a role in rank list deliberations. Lastly, a lot of UCSF students are discouraged from doing away rotations lest it "hurt them". I think this is a fair concern but I also think doing an away at a place you are interested in will help far more than it will hurt. Especially if you are motivated, excited, participatory, and work hard. Don't let the fear stop you from doing the away.

Speak with more residents at programs I was applying to

Fewer interviews and definitely no interviews after winter break - I was very burned out and didn't interview well.

Spend more time early on differentiating between programs and what I actually want from a program. But very happy with how the match process turned out.

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

Check out this handout that I made with Dr. Harries: <https://ucsf.box.com/s/5fkzmnyy4s7gfvavtz440nvq4jmuljzf>

The application (test scores, letters, essays, etc) is just the price of admission; relationships and connections are what gets you in the door. For more competitive programs, everyone has a great app. It just magnifies the importance of familiarity and connection to the program of choice.

Residency advisors are very good, but I would also recommend reaching out to everyone in the specialty (interns, residents) you know who has recently matched. They can give you a lot of insider info about how to apply, specific programs, etc.

Emergency Medicine is a vast field- make sure to reach out to folks outside of the UCSF locations to gain a better understanding of programs.

Location is key. Don't apply somewhere where you would hate to live.

prepare for the sub-I's before hand. Do not just show up and expect to learn as you go.

Meet with the advisories early to get a good game plan ready. Start asking for letters of recommendation outside of the rotations early so you don't have to stress waiting for them to upload it.

Apply to more programs than you may think you need to. Enjoy the process of interviewing; you're interviewing the program too. Residency applications and interviews can be an isolating time for everyone, lean on each other and support each other. Don't be afraid to look for and offer support.

I would recommend that you do an away rotation in the city that you are considering other than SF. I would also recommend you spend a lot of time thinking about what programs you want to apply to because it can help you limit the programs you apply to. I would recommend getting lots of eyes on your personal statement. For the sub-I, I would recommend choosing a resource like the EMRA guide and using that to come up with differentials and your presentations. I wouldn't worry as much about step 1 or step 2 scores. I would also really focus on getting meaningful experiences during medical school that can show you your academic interests so you can talk about those interests during interviews

Aaron and MJ are excellent advisors for EM - couldn't imagine a better resource. Use them!!

For EM, meet with Dr. Harries often and regularly, especially if you have special circumstances, red flags, etc. His advice is SPOT on. He has been doing this for years and is very reliable and forthcoming without being demoralizing. His goal is to get you where you want. Don't be discouraged by the fluctuations in match rates, SOAP spots, job market predictions, etc. This stuff cycles every 5-10 years. It also affects other specialties too. Make your career choice based on the day to day -- do you like being in the ER? Do you like the energy of EM, the co-workers you've encountered, the types of pathology, patients, etc....STUDY before your sub-is. Your SLOE is really the most important thing they look at and being able to rattle off the top 5 ddxs for the 10 most common ED pathologies is like bare minimum these days. Don't worry about procedural skills, but have solid clinical reasoning and that comes with studying a few weeks before your sub-i starts. If you want to be super extra, Rosh Review has great question banks to study off of and the ALIEM 6 week to intern year BootCamp has good resources. I also found the C3 podcast helpful (2x speed ofc). One of my aways had a shelf exam (vom, i know) so this was all in preparation for that. As usual, pick one resource and don't overwhelm yourself but definitely study. On ERAS, deffo sacrifice one of your activities to list your hobbies. I wrote a paragraph in bullets of 3-5 things I did in my spare time and it was brought up on every interview. ERAS used to have a hobbies section that was removed and everyone is upset about it -- so instead of listing some lame blood drive you volunteered at once for 2 hours, tell them about the 10year guitar playing history instead!

Lean on MJ and Aaron - they are so helpful and available and their advice is on point. Reach out to students who have gone through the match/interview process to hear their perspectives on programs.

Reach out to as many residents and people within the programs that you can in order to get the best sense of each residency. Also try to keep your calendar open in February for second looks, that I unfortunately was unable to attend due to rotations.