

Post Match Reporting
2022-2024 Match Cohort Data

Specialty: Obstetrics & Gynecology
Number of Survey Respondents = 17
2022(35%), 2023(41%), 2024(24%)

Match year	Match cohort	% total cohort
2022	8	5.5%
2023	10	5.5%
2024	8	4.9%

	Mean	St Dev
Step 2	245.76	9.92

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

Confidential/Specialty Advisors	15
Near Peers	14
Bridges Coaches	8
UCSF Post Match Reports	7
Specialty interest group-sponsored panels and presentations	6
Co-Directors of Career Advising Program, Drs. Brent Kobashi and Heather Whelan	5
AAMC Careers in Medicine Website	3
Career Advising Website	3
Texas Star Dashboard	3
Participation in in-house and extramural electives	3
Office of Career and Professional Development	2
Doximity	2
Other publications and web-based resources	1
School-sponsored career planning workshops and courses	1

Other: Please describe

APGO
 OB/GYN Google Spreadsheet

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

Yes 14
 No 3

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

Yes 10
 No 7

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

Faculty	7
Family	8
No one	1
Outside mentor(s)	5
Partner/Spouse	8
Residents/Fellows	4

Other: Please describe

Friends
Dr Kobashi

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

Yes	1
No	16

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

Dr. Jeannette Lager	13
Dr. Naomi Stotland	4
Jen Kerns	1
Meg Autry	1
No one	1
Specialty advisor and non-specialty mentors	1

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

Apply to more programs (60-70 for OB/Gyn), indicate interest through letters of interest to programs early on before interviews are released, have mentors reach out to programs of interest early

I would have sought out more providers from outside academia. I realized I was a better fit for a community program only after I had interviewed at 10 strong academic programs (and 2 community programs) and basically described to them how I had no interest in academia. I wish that I had realized what would be a fit for me earlier on and had sought out mentors who encouraged that. UCSF can be a bit disdainful of non-academic programs and doesn't really have a lot of knowledge regarding them.

My biggest regret was not applying to enough programs. I applied to around 30 programs, but in retrospect, I wish I did at least 60. While I was a competitive applicant and matched well in the end, the cycle would have been less stressful overall if I had more interviews. I may have even taken a year off to do research, which would have made me more competitive for top academic programs. (Because of P/F Step 1, pre-clinical, and core clerkships, research is becoming more important in residency applications!)

Sought more mentorship in the speciality I applied to

Nothing. I would maybe consider applying to less programs in states I really didn't want to move to.

Apply to fewer programs given how many signals my specialty has. Consider an away rotation more seriously.

- be more assertive in chasing letters of recommendation (start chasing earlier, get help from mentors) to avoid stress right before apps are due- my rotation schedule actually worked out great, but I would strongly recommend to future students to try not have an intense rotation in august/sept since you will need extra time to finalize your app

Not dual apply - I was advised by OB/GYN and Family Medicine advisors to dual apply to reduce the chance of not matching, but I ended up matching at my first choice and wish I hadn't had to spend all the extra time, effort, and money to dual apply.

Maybe apply to less programs.

I would apply to way fewer programs. I definitely applied to 20-30 more programs than I needed to, but this was really due to changes in the application cycle this year that made the advising difficult for our specialty advisors!

Be in closer contact with specialty advisors, especially in the beginning of the process.

Tried to get closer mentorship in the OBGYN department to feel less alone during the process.

Use my silver signals differently and look into programs a little bit before applying (confirm the location is where you think it is)

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

Obgyn was surprisingly brutal my year, but I've heard that every cycle has peaks and valleys. 1) Networking and finding mentors is essential. It's especially brutal in Ob/Gyn because the faculty are so busy and will not respond to your emails, but you have to be unrelenting in reaching out to them. The PD here really doesn't care about you, so you have to find other advocates who will reach out to programs on your behalf. I had a mentor reach out to programs I was interested in that he had connections to BEFORE interviews went out and I believe it helped. 2) Try to have some idea of what you want your career to look like, specialist vs generalist, academic vs community and spend time in medical school really figuring out what those practice environments look like. It's hard because you only have access to a very narrow academic setting, so ask your mentors "do you know anyone who works in private practice or a non-academic FQHC/safety net hospital?". 3) Really think about your rank list carefully, even your bottom ranks. You might end up there!

In past years, OBGYN was not as competitive as it is now. In 2022, the overall match rate was 69.5%, which is close to the ranges of very competitive specialties, like urology or ENT. I had multiple faculty, residents, and advisors look over my application, as well as my program list, but many were shocked at how few interviews I received. The reality is there are many strong applicants and just not enough spots. UCSF students have also struggled to match OBGYN or haven't secured interviews at top programs in recent years. If you are considering OBGYN, I'd recommend getting involved very early on (like MS1 year), having as many publications as you can, score well on Step 2 (>250 ideally), and establish relationships with UCSF OBGYN faculty. If you decide on OBGYN late, I'd even suggest taking a year off to boost your application. If you are worried about your competitiveness, seriously consider dual applying. OBGYN isn't impossible to match, but it's important to be realistic about expectations during the season and honest with yourself about your competitiveness.

start early, communicate early and often with advisors.

The residency programs are watching you closely during every interaction, including the socials. It is possible for the impression you make on residents to impact your rank at the program's rank meeting.

Try to find a faculty member you can bond with in your specialty as early as you can especially if they're involved with residents