

Post Match Reporting
2022-2024 Match Cohort Data

Specialty: Psychiatry
Number of Survey Respondents = 17
2022(35%), 2023(35%), 2024(29%)

Match year	Match cohort	% total cohort
2022	9	6.2%
2023	10	5.5%
2024	13	7.9%

	Mean	St Dev
Step 2	241.88	12.88

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

Bridges Coaches	12
Confidential/Specialty Advisors	12
Near Peers	11
Career Advising Website	9
Co-Directors of Career Advising Program, Drs. Brent Kobashi and Heather Whelan	7
Doximity	5
Office of Career and Professional Development	5
Reddit	5
Texas Star Dashboard	4
UCSF Post Match Reports	4
AAMC Careers in Medicine Website	3
Specialty interest group-sponsored panels and presentations	3
Participation in in-house and extramural electives	2
School-sponsored career planning workshops and courses	1

Other: Please describe

non-confidential advisor

Non-UCSF affiliated mental health professions for psychiatry; e.g. therapy platforms, networks, groups on social media & online forums

Rotating in various nonacademic outpatient settings through longitudinal program, getting to know academic culture of fields through research projects

Talking with practicing physicians in various specialties and also David Elkin.

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

Yes	7
No	9

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

Yes 2
No 14

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

Faculty 3
Family 10
Outside mentor(s) 3
Partner/Spouse 8
Residents/Fellows 2

Other: Please describe

Dr. Kobashi
Reddit spreadsheet crowdsource
Friends/roommates
Friends... (I'm surprised that wasn't on the list)
friends

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

Yes 0
No 16

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

Alyssa Peterson 2
Peter Ureste 10
Owen Wolkowitz 1
Caitlin Hasser 1
Emily Lee 1
Reddit 1
David Elkin 2
Vivek Datta 1
Dr. Tammy Duong 2
All the Psychiatry Advisors were wonderful 1

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

Send the love letter earlier. Sending it in February was too late and I wasn't able to match at my top choice likely because of that. I would send it mid-January even if you're still interviewing at programs since the programs start to make and submit their rank lists early February. Speaking with the current residents at these programs after the interviews was also very helpful and I wish I did more of that. Ultimately though I got matched at a program I ranked #5 and who I had no contact with after the interview since I was not particularly thrilled with the program. However, it ended up being a top ranked program and a very good fit afterall. I had made my rank list though based on where I could be in the same city as my partner who was applying to PhD programs as well. I'd say be ready to go anywhere on your rank list even if you're coming from ucsf.

Email / reach out to more programs for more interview opportunities

Write personalized personal statement to the county/community programs you want to go to otherwise they might not believe you will go, network earlier for out of network programs even if you have ties to the area. Apply to 30 programs at least, broadly and in different tiers.

I would apply to more programs. I was told that ~30 programs should be sufficient, and in the end it was fine. I ended up with 10 interview invites but could only do 9 of them due to scheduling conflicts (~half of my interviews were 2 days). But it was a very stressful time in October waiting to get those interviews and very stressful waiting for the Match with only 9 programs.

N/A -- I was satisfied with the residency application process, and would not approach it differently in the future.

Maybe more strategy in signaling: all my interviews came from places that I geographically preferred. I'm not sure if it would have been worth it to "spend" my signals on more reach areas. I think there's still too little data on signaling. Also Psychiatry tends to send out interviews later than other specialties, but I may have waited too long before reaching out to individual programs asking for interviews and asking mentors for connections/advocacy on my behalf.

I would reach out to more programs earlier to express interest. I did so with my top program and feel it had major weight with the PD and program leadership, and I think it played a huge role in me starting the interview with plenty to talk about and ultimately helping me match there as my first choice. Especially with the number of program signalling increasing from 5 to 10, this gives you a better edge with programs you're truly interested in. I feel I would also apply to less programs/turn down interviews more willingly. I applied to many programs out of state and ended up juggling too many interviews in regions I wasn't at heart fully interested in (and wearing a suit and talking all day at a camera wears you out!). Classic advising advice is apply to at least 30 programs with a goal for 10 interviews; I think I would have been fine with 20-25.

I would caution future applicants that applying to programs outside of your 3 geographic signals may not be worth it (I received no interview invites outside of my signaled regions, ever after sending letters of interest)

do better on step 2 to feel more confident. But I do not think it affected where I got interviews

I would have reached out to my top 2-3 programs ranked after my number one program and sent them letters of interest. I was very geographically motivated and I did not match in the geographic area I wanted to. I wonder if I had reached out if I would have been ranked more highly at those programs. I refrained from reaching out on the advise of my specialty advisor.

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

See above.

Find supportive mentors early who you click with, can write good letters, and ideally with connections to residencies you want to go to, do research and network at conferences. Ask rotation directors how you can work with one person more to get a strong letter of recommendation.

Meet with specialty advisors multiple times throughout the year

Most important parts of our app: personal statement, letters of recommendation. (No one asked me about my step scores, but lots of people talked about my personal statement and activities.) As mentioned above, Psychiatry tends to take a little longer in reviewing applications than other specialties, probably largely due to their emphasis on the narrative aspects of our application. So don't freak out when everyone around you (in other specialties) starts racking up tens of interviews and you have zero. But also proactively communicate with your advisor starting in the 3rd week of October about the utility of sending emails to individual programs asking for interviews. Signaling seems to make a huge impact: I'm not sure what strategies will tend to come out of it. I signaled the 3 regions of the country that I wouldn't mind living, and those were all my interviews came from. However, one of my signaled regions only has like 3 programs in it, whereas the Mid-Atlantic (NY, NJ, PA) has TONS - so not sure if there is a strategy to signaling denser areas. Similarly, the program signals (Psych gives you 5), I used it on programs in CA because I wanted to stay, but not sure if there would have been greater payoff if I used it on "reach" programs and assumed CA programs would like us more coming from UCSF. Unclear...4/5 programs that I signaled interviewed me. Some programs ask for a letter from Internal Medicine or a primary team (FM, Surgery, Peds, Ob/Gyn). Consider whether a sub-I in these fields before ERAS is worth it if you don't have a good letter coming out of 3rd year. 2 letters from Psychiatry rotations - should come from different experiences (AKA 2 dif sub-I's ideally or 1 from 3rd year).

Start thinking relatively early about what type of clinical setting would be fulfilling as a training site for the next 4 years. There is limited availability during 4th year to gain exposure via clinical electing to the extremely wide range of possible clinical settings, and so if possible try to take other opportunities to understand what type of environment matches your goals/aspirations. For example, public sector/community sector psychiatry are profoundly different from academic psychiatry in a number of ways, and having a sense of not just your future career goals but where you feel comfortable spending residency is an important part of making your decision with regard to rank lists etc.

- For psychiatry, I was told the personal statement is weighed heavily during the selection process, and I found that to be true. Have multiple people edit your statement and make sure it is genuine and unique to your experience. Many interviewers drew from what I wrote in my statement to start off conversations. - After submitting applications, use resources / excel spreadsheets for current applicants (usually posted on Reddit or floating around on the internet) that list when interview invites from programs have started coming out. This will help with timing when to send out letters of interests to programs to signal to them you are serious and would like to be interviewed. These resources also list "red flags" and other honest opinions about programs that may not be mentioned otherwise. - To prepare for interviews, use OCPD resources like the practice interview sessions and the online Big Interview resources to prepare for common interview questions. Most schools did not have standardized interview questions (interviews were more conversational) but some did, and these resources helped me to have patient anecdotes or life stories that I could draw from if needed. OCPD also had a session on how to identify environmental fit through an interview and ways to construct questions to assess this, that I found helpful. - Zoom interviews are challenging to get a sense of the community and culture of a program. If possible, I would try to visit

the school before ranking programs and talk to as many current residents / faculty / medical students as possible (even a quick phone call or email correspondence goes a long way).

Apply broadly and create 2-3 different personal statements for the programs that may slightly vary in what they look for in an applicant.

If you have red flags or think your application is not as strong as it could be, I would strongly advise you to apply to at least 60 programs, and consider dual-applying in both psychiatry and IM/FM/another specialty of interest, as psychiatry has become competitive to the point where even UCSF students sometimes have to SOAP. It is better to have your pick of IM/FM programs through dual-applying, than to have to SOAP into the leftover IM/FM programs. During medical school, focus on leadership, service, and/or teaching/mentorship/med ed; these are the areas that psychiatry cares about the most. Psychiatry cares less about research than other specialties, but of course, this can be a bonus, especially for top academic programs. Scores do not matter as much in psychiatry either - however, I would recommend trying to score at least average on Step 2 (240s). Honoring your psych Sub-I is important, as this is one of the only grades you will receive. Letters of recommendation are important in psychiatry - try to cultivate personal and professional relationships with faculty, starting early on in medical school. You will need letters from psychiatry attendings and a primary care (IM/FM/peds) attending.

Psychiatry is a fantastic field and your interviews will vary widely depending on what your interests are and the culture of the programs. The Career Office's practice residency interviews and questions were ENORMOUSLY helpful and overlapped widely with my interview questions in general. I know many students are interested in psychotherapy training and there aren't many UCSF resources to demonstrate interest/engagement with therapy - so it was helpful for me on the ERAS to have an entire dedicated activities section to the therapy books I read, podcasts I listened to, forums I routinely stayed updated on via the internet and actively participated in - a self-built curriculum, so to speak. I think this played off well with interviewers that wanted to know that students were interested in psychiatry in some manner and were doing exploration frequently.