

**Post Match Reporting
2020-2022 Match Cohort Data**

**Specialty: Emergency Medicine
Number of Survey Respondents = 28
2020(39%), 2021(25%), 2022(36%)**

<u>Match year</u>	<u>Match cohort</u>	<u>% total cohort</u>
2020	14	9%
2021	12	7.1%
2022	14	9.9%

	<u>Mean</u>	<u>St Dev</u>
Step 1	236.40	15.57

Post Match Survey Responses

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

Yes 22
No 5

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

Yes 6
No 21

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

Faculty 3
Family 13
Friends 6
No one 1
Outside mentor(s) 2
Partner/Spouse 10
Residents/Fellows 2
Specialty Advisor 1

Other: Please describe

EMRA 2
Classmates 2
Myself
Spreadsheets online

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

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

Yes 8
No 8

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

Aaron Harries	25
Marianne Juarez	2
Nate Teismann	2
Former Residents	
Recent grads	
Online forums (Reddit)	
Anneli von Reinhart	
Tomas Diaz	
Dina Wallin	
Rachel Chin	
Poornima Yechoor, MD	
Charlotte Wills, MD	

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

Spend less money

The only thing I would change is that I would have written a letter of interest early on to one program I was really interested in. Near the end of the interview season they reached out to me saying they thought I was a fantastic applicant but had already filled their interview spots. I was placed on the top of their waitlist but never got the opportunity to interview. I speculate that because programs received many more applications than previous years, they were taking longer to get through them all and ended up not having interview slots for people whose applications they got to later.

Nothing.

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.

I would've done some research specific to my field! Or at least been involved in projects or educational work for EM. I don't think I really could've done much differently, since I didn't decide on EM for sure until 4th year was already underway, but I think that probably made me a hair less competitive.

Not do as many interviews.

Decided on EM late. Likely slightly affected my competitiveness, although still matched at a top program.

Nothing. I felt adequately prepared.

i wish i had had more clarity early on about what i wanted to do - i feel that there should probably be an emergency medicine required rotation or at least that the elective opportunities should be more robust. I tried multiple times to get involved (requested it for CMC, tried to be in the CIEX) without luck.

Talk to more residents who had recently gone through the process, find out more programs that fit my interest but I hadn't heard of

Not much thanks to my mentors/resources listed. Probably would have interviewed at 3-4 fewer programs but I have no idea which ones they would've been unless I had already been there. Also, if you are going to send post-interview thank yous or respond to "love letters" from programs, be enthusiastic in your communication- without lying of course. I was so afraid of being disingenuous that I think I came off more muted than I should have in a few replies.

-Try to sit down with advisors to really understand my competitiveness as an applicant. I had a brief phone call with Aaron about this but didn't exactly get this info -More formal interview practice; sign-up for mock interview

- Not to interview at programs where you really couldn't see yourself living in that locale (waste of money!)

I had more trouble with career exploration than with residency application itself. Think really hard early on about what your priorities are in a program.

Start researching programs much earlier (I didn't make a list of where to apply until the day before submitting my application...oops don't do that) and apply to fewer. Have a pseudo-rank list before interview season so that I didn't have to make as many decisions about where to interview real time as invites were coming in.

I dual applied which consumed a lot of time, energy and financial resources. I would have decided earlier on for the specialty I wanted to pursue.

Helpful to write something in a journal right after any interview. Overall impression, pros and cons. It's nice to go back and look at, because a lot of interviews otherwise just start to melt together.

Apply to less programs.

Do more ways to explore cultural vibes in other institutions/regions

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

Trust the advisors. It is certainly better to apply to more programs because that will give you peace of mind come time for interview invites. It's hard to know how many offers you will get. Lean on your advisors for what programs to apply to to make sure you are hitting a good mix of competitive and safer programs.

My most used resources to prepare for EM sub I: EM Clerkship Podcast, ALiEM Bridge to EM, EM:RAP Reach out to an EM career adviser early on and stay in touch with them. Aaron Harries was always super responsive and provided me honest advice during my last few years at UCSF. Discuss with the adviser how many interviews you should attend. When I got >~12 interview invites I started cancelling interviews and also withdrawing my application from programs I hadn't heard from based on how likely I would want to interview there compared to the 12 interviews I had. I ended up cancelling or withdrawing from over half of the programs I applied to. In the end I think this saved me a lot of stress from having to make last minute cancellations and reduced the number of emails I received to my eras gmail account. Make a new gmail account that you use only for your eras application so that you can get instant notifications just for interview emails (you'll want to be on top of it!). For ranking, I ended up prioritizing geography (proximity to social support) and mission of the program over things like prestige. Think about where you'll be happiest!

For emergency medicine it's very important to do well on your sub-I. Prepare for it well (talk to upper class

students, listen to EM podcasts, practice having organized/brief presentations).

Check out this handout that I made with Dr. Harries:

<https://ucsf.box.com/s/5fkzmnyy4s7gfxavtz440nvq4jmuljzf>

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.

EM really doesn't seem to care about prestige of medical school or Step scores as much as some other specialties, but I do think they care more about demonstrated interest in the field itself (maybe because it can be a demanding career with higher burnout than some other fields?). So I would advise students to really consider doing work with the EM faculty here or at Highland to establish that they are committed to the specialty if they know in advance. Other than that, I think I would tell students that EM is more competitive than it gets credit for compared to other specialties, especially since they don't care as much about STEP and prestige, so be prepared for that in terms of your interviews and match results. I don't think its reflective necessarily of our quality as applicants, I think EM as a field is just more open to a diverse pool of applicants which may make getting into the top programs trickier.

Find a research mentor and get involved in projects early on.

Right after 2021 Match, ACEP released a workforce report detailing projections that there will be a large surplus of EM physicians by 2030. Make sure you are familiar with this report and up to date on the efforts being made to address the problem. Academic EM docs are isolated from this issue, so make sure you get multiple opinions and not just those from docs within the EM bubble. I don't know what the future looks like, but this issue certainly warrants careful consideration as you consider entering the field.

Great specialty.

Talk to everyone, especially residents with similar interests to your own! Think carefully about where you are doing your away rotation. Email PDs at programs you'd like to interview at, but didn't get an invitation to interview.

Sub-Is/SLOEs are important. Reach out to mentors, advisors, recent grads and ask for tips. The rotations themselves can be stressful because of the looming SLOEs and other away students but remember that humility,

teamwork, and a good attitude go a long way. I don't think it's necessary to do an away via VSAS unless you are very, very interested in a specific program or region; you will likely still get east coast/midwest interviews. For applying, talk to Dr. Harries and apply to whatever # of programs he recommends- he is fantastic. For those who lean more towards academics, think about your true goals in EM and how to let that shine on your app. If applicable, think about your research or fellowship interests, whether you have a "niche" you want to develop, and keep an open mind for programs as there are plenty of community and county-based programs that do a ton of cool stuff. Interview-wise, most take place Nov-Dec and I highly recommend finishing before Jan because of burnout. Create a separate ERAS gmail with push notifications to your phone and be glued to your phone as early as the end of Sep/beginning of Oct. Try to schedule interviews by region to minimize flights. 12-14 is a good general number of interviews to have but ask Dr. Harries for a more tailored answer. Try to make the pre/post-interview dinners and socials both to show interest and to get to know the residents better (eg are they happy? did they even show up?). Lastly, know your app but don't stress too much about the interviews. Programs are trying to recruit you as much as you are trying to make a good impression!

-I found this process to be tremendously stressful, largely because I might have had an unrealistic expectation for how this would go & the sort of programs who would be interviewing me. I spoke with applicants in the years above me but I turned out to be a different, less competitive applicant for reasons I still don't really understand. - This can be a really random, mysterious, shitty process

- Try to group your interviews together in certain parts of the country, but make sure not to overburden your schedule with interviews. I had a few weeks where I had 2-3 interviews each week, and this felt like a lot. - Overall, I spread my interviews out over the course of 2.5 months and did not feel as burnt out at the end as some of my counterparts. It was nice to have a few weeks where I didn't think about interviews and could relax at home. - Schedule interviews when the link comes out and avoid high price traffic times (ie Thanksgiving, Winter holidays) - I booked all my flights on SOUTHWEST (with the exception of one) - this was a lifesaver because I could change my flight without fees and/or cancel! It saves a TON of money and allows you to rework your schedule - get a new credit card! you WILL spend lots of money and having a nice travel credit card is crucial - from car rental insurance to lounge access (I got chase sapphire reserve but any works well, you just have to commit to an airline if that's your thing) - It's okay to go on a fair # of interviews as long as you truly could see yourself at that program (prior to interviewing) - but don't go to programs just because you think they are "safety" schools - not worth it and this isn't like med school interviews! - interview attire - BE COMFORTABLE esp for women - I saw so many women and heels and my feet ached just looking at them. You are going to be walking A LOT, so be nice to your feet and invest in a comfortable and sturdy pair of flats!

Closed mouths don't get fed! Always remember to ask for help from people who went through this process. I felt lost early on but latched quickly onto advisers and mentors.

The EM advisors and advising sessions were super helpful, and really the only resource I used to navigate the process. Start VSAS early if you're going to do an away rotation, there's a lot of logistical crapola that takes a while. Was nice to do an US rotation before EM sub-Is.

There are a lot of great programs out there, at the end of the day I think it's best to just think about where you'll be happiest.

Find the programs that will support your passion projects

