

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

**Specialty: Neurology
Number of Survey Respondents = 10
2020(20%), 2021(60%), 2022(20%)**

<u>Match year</u>	<u>Match cohort</u>	<u>% total cohort</u>
2020	2	1.3%
2021	8	4.7%
2022	4	2.8%

	<u>Mean</u>	<u>St Dev</u>
Step 1	240.29	15.5

Post Match Survey Responses

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

Yes 6
No 4

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

Yes 3
No 7

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

Faculty 4
Family 3
Partner/Spouse 3
Residents/Fellows 2
Specialty Advisor 2
No one
Outside mentor(s)

Other: Please describe

Friends, other medical students

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

Yes 0
No 8

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

Dr. Megan Richie 7

Dr. Dan Lowenstein 2
Jeff Gelfand MD
Andy Josephson
Cathy Lomen-Hoerth
Lynnea Mills (for prelims)
Lee Jones (for couples match)

I don't know who the Career Advisors are. I was in close contact with Megan Richie, the amazing Neurology confidential advisor, through my entire application process.

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

Stress less.

- I would be much more vocal about seeking help on personal statement writing and CV writing earlier. I had so much trouble with this, and I didn't find the vague advice from OCPD helpful enough. - I would complete the small things sooner. Filling out ERAS is not hard, but it feels like a large task. I'd be proactive about inputting all the data needed for that sooner rather than later. Also, making a residency list and talking about it with the career advisor is not so difficult, but it felt nebulous. I'd just experiment with that sooner rather than later.

Apply to fewer programs and interview at fewer programs. I would've especially applied to fewer prelim programs. So many neuro programs are categorical these days and/or linked. In addition, UCSF matches really well to the bay area prelim programs. You will get many interviews coming from such a strong institution.

Honestly just wish it was possible to visit places and meet people in person. Also could have interviewed at fewer places

Start on the activities section way earlier. Not apply to as many pre-lims

Reached out to more residents in outside programs that I could not visit myself.

I would have interviewed at 2 fewer neurology programs (7 instead of 9) (but better safe than sorry and since I was able to combine them with other interviews, it wasn't much more cost for me- I was advised to do 6-10 and did 9, which I think was ok!). I'm glad I applied to so many prelim programs (15-20), as they are quite competitive and I didn't get interviews at all of them. I could have reached out to some of the local prelims that didn't give me interviews as they would have been low cost to go to and there would be no harm in showing interest. I never emailed them and feel like I should have.

I didn't receive as many prelim interviews as I was hoping for, and I think it would have helped to write/call to convey interest to programs part-way through the interview season.

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

Everyone's specific application path is different so don't feel like the world is ending if things are different for someone else applying with you. Talk to the advisors!

- Don't be afraid to ask your friends or recent grads for help with personal statements, CV writing, or mock interviews. I found them more helpful at times than OCPD or the career advisors or my coach. - Be proactive about your interviews. If you're not getting enough, seek them out. Contact your career advisors and don't feel ashamed about asking for help. - If virtual interviews continue, seek an environment that's quiet for most of the day. I'm glad I left SF and my roommates to go home; my family was quieter than my roommates and didn't have competing zoom meetings or interviews of their own. -

Try to do more neuro-focused research - research is not critical for neuro but helpful especially for the academic programs.

STEP scores are not the most important in neurology. Focus on clinical skills, research/other interests, getting strong letters, and a thoughtful, well-written application.

Interviews are really pretty chill, just be excited to talk about stuff, I really didn't get asked any hard questions

Nothing I can think of that is general and not applicant specific.

Our career advisors in Neurology are phenomenal - contact them early and often!

Neurology is a great field and there are lots of wonderful programs all around the country. I was surprised how much I liked every place I interviewed at- there are lots of great options beyond UCSF! It was really helpful to meet with Megan and Dan early on in the process and to get their advice on which programs and how many to apply to. Neurology programs are less competitive than prelim programs. Even though many are now categorical or have linked prelim programs, you still need to apply to a lot of prelims and interview at more than you might expect in case you match to an advanced spot. Lynnea Mills was helpful with determining how many to apply to and interview with.

I'd recommend meeting with Dr. Richie as early as possible and having multiple people (including at least one neurologist) read over your personal statement!