

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

**Specialty: Obstetrics & Gynecology
Number of Survey Respondents = 20
2020(50%), 2021(20%), 2022(30%)**

<u>Match year</u>	<u>Match cohort</u>	<u>% total cohort</u>
2020	10	6.5%
2021	6	3.6%
2022	8	5.6%

	<u>Mean</u>	<u>St Dev</u>
Step 1	235.25	15.53

Post Match Survey Responses

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

Yes 18
No 2

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

Yes 17
No 3

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

Deans 1
Faculty 3
Family 2
Outside mentor(s) 2
Partner/Spouse 2
Residents/Fellows 1

Other: Please describe

OB/GYN Google Spreadsheet

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

Yes 0
No 10

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

Dr Jeanette Lager 14
Dr. Autry 2

Dr. Naomi Stotland 4

Andrea Jackson

Dr. Autry and Dr. Murtha (even though they technically aren't the Career Advisors, meeting w/ Dr. Murtha helped me a lot with deciding what to focus on in my personal statement, and Dr. Autry was helpful in being very open and honest about how competitive I was, and specifically WHICH programs to apply to.).

Dr. Lager and Dr. Stotland were amazing in helping me navigate the Ob/Gyn application process when I fell in love with it so late in the game. I was originally going to apply in urology and did my obgyn rotation last during third year. Dr. Greene (urologist) suggested that I double-apply, was incredibly supportive in helping me with this trajectory. I ultimately decided that obgyn was my field. Dr. Kobashi (career advisor) and Dr. Price (coach) also provided wonderful support through the years.

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

Finish rank list a bit earlier and let it sit longer as "finalized" to see how it feels.

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

Pay even less attention to what other people were doing and worrying about than I did Schedule debriefing time with other UIM applicants so I wouldn't have to process microaggressions alone

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!)

Send letters of interest before interview invites were sent. After they were sent it seemed like a lost cause

We were pressured quite early in the Match season to email our #1 program and let them know. I felt like it was too early to make a rank list and I wasn't ready but that I needed to commit to one because of the pressure I was getting from advisors.

Loaded question. I wish we had taken the step exams earlier so that Iâ€™d know where I stood competitively earlier in the game. I wouldâ€™ve applied more broadly (I only applied to programs in large, liberal cities), but because I was double applying I applied to a total of 100+ programs. Double applying was very stressful and while I donâ€™t recommend it, it is certainly doable; however, keep in mind youâ€™ll be spreading yourself

thin and ultimately make each application weaker (I did 2 sub-Iâ€™s in each specialty, when I couldâ€™ve done 4 in just one to strengthen my application in one).

Apply to less programs. If I knew I wanted to stay in my home program earlier, would have made more relationships with current residents. Make sure you honor your OBGYN sub-i. I did but only because I had good relationships with attendings, but not sure I made a super stellar impression on the residents.

Email programs sooner before interviews were released to advocate for myself

In retrospect, I would probably apply to fewer programs and spend more time thinking about my priorities before submitting applications through ERAS. I'd also recommend advocating for yourself early on (before interview rejections are sent or if you are on a waitlist) for any top choice programs.

Interview at fewer places

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

I recommend doing an additional Ob-Gyn rotation at UCSF and getting to know as many people as possible and get as many perspectives as possible. I highly recommend the family planning elective as an additional elective!

Be yourself and give yourself grace

Reach out to programs you really want to go to BEFORE they release interviews, letting them know why you are especially interested in THAT program, and (if applicable) what connection you have to that geographic location. Also, practice your responses to the classic interview questions a lot, before interviews begin. Use StandOut website to practice recording yourself.

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.

Potentially applying to more programs. I was advised to apply to 20-25 programs, ended up applying to 28 and only got 12 interviews

Don't be afraid to reach out to programs you're interested in! I was much more aggressive with communication with programs, especially those outside of California, and it really paid off!

-When you're making your final rank list, don't forget what you said was your priority at the beginning of the application process. -In 20 years, you'll feel about your residency program how you feel today about which junior high you went to: it doesn't matter and nobody cares.

None

Ob/Gyn is getting more and more competitive to match into every year. On the trail, I had a good sense of which programs liked me and which ones didn't care for me. While many people say thank you notes and love letters don't matter, I believe my post-interview communications gave me a sense of which programs liked me (and the program I ultimately matched into is one that responded to me with a very warm, personal message). That said, many programs will give you a sense that they liked you but you won't match with them.

Honor your sub-is. Get a good step score (preferably as close to 230). Have some meaningful research to talk about in your interviews! The advising team is really on top of it before ERAS in terms of making sure you have a good application, but I felt a little but lost during the interview process. Make sure you reach out to them if you have any questions as you go along the interview trail. Overall you will do well in the match and match in your top 3.

Advocate for yourself!

Even with the changes to the interview invite process, you still have to sign up asap and be on your phone constantly! Open a credit card right before you submit, use your app fees to reach the first few months minimum and then use those points for travel, interview or vacay related! Bonus if you get TSA precheck with the card

Trust in the process, but advocate for yourself! I reached out to a couple of program PDs regarding interview invites. Utilize the UCSF advisers and department resources as much as you'd like, especially for program/rank lists. Be kind and supportive to your fellow applicants!

Spend time on your essay to stand out. Practice talking about each of your activities even those that are from a long time ago. Talk to residents from UCSF who are currently at programs you are interested in. Try and visit friends during interview season if possible to make it fun.

Don't think you have a good chance of matching just because the programs tells us they like you on interview day