

Post Match Reporting

2017/2018 Match Cohort* Data

Specialty: Internal Medicine-Primary Care
N= 24 (7.8% match cohort)

Item	N	% of specialty cohort	Mean	Standard Deviation
Graduation year				
2017	14	58.3%		
2018	10	41.7%		
Three digit Step 1 score			236.8	13.7
MSPE Adjective:				
Outstanding	13	54.2%		
Superior	2	8.3%		
Excellent	9	37.5%		
Very Good	0	0.0%		
Good	0	0.0%		
AOA elected	6	25.0 %		
Applied to preliminary or transitional programs:	0	0.0%		
Other specialties applied to:				
Family Medicine				
Pediatrics				
Number of categorical programs applied to			39.5	17.3
Honors Received:				
Anesthesia	10	41.7%		
FCM	11	45.8%		
Internal Medicine	15	62.5%		
Neurology	10	41.7%		
Obstetrics/Gynecology	11	45.8%		
Pediatrics	12	50.0%		
Psychiatry	16	66.7%		
Surgery	9	37.5%		

*Match Cohort includes applicants who matched into this specialty via the regular match process.

Post Match Reporting

2017/2018 Survey Respondent Cohort Data

Specialty: Internal Medicine-Primary Care

N= 17 (7.2% survey respondents)

Item	N	% of specialty cohort	Mean	Standard Deviation	Min	Max
How many programs invited you to interview?			17.4	6.6	6	31
How many interviews did you accept?			12.9	4.2	6	24
Did you review your application with a career advisor before applying?	16	94.1%				
Before ranking programs, did you review your rank list with a career advisor?	9	52.9%				
Total Spent on Interviews						
\$0-\$500	0	0.0%				
\$501-\$1000	3	17.6%				
\$1001-\$2000	7	41.2%				
\$2001-\$3000	4	23.5%				
\$3001-\$4000	3	17.6%				
>\$4000	0	0.0%				
Did you complete a Pathway project?	7	41.2%				
Did you complete a research project in the field you matched?	14	82.4%				
Did you have a publication during medical school?	11	64.7%				

The field project was in:

Cardiology, General Medicine

General Internal Medicine

Geriatrics

GME policy

HIV/AIDS

Internal Medicine

Internal Medicine Primary Care

Med ed/adolescent health

Medical Education

Oncology

Pulmonology

quality improvement/health policy

transgender health, LGBT health education, STI treatment and prevention

urinary incontinence, sexual health

Describe any publications:

2 first author publications in cardiology journals from research I worked on prior to medical school

3 posters. I was first author on one of them.

4 papers: 2 from curricular research projects in the pre-clinical years, 2 related to gap research year work. All 4 were written/published during the gap year itself.

A descriptive piece on opioid overdose deaths in SF from 2010-2012, published in the Journal of Urban Health case report

Determinants of treatment seeking for urinary incontinence; Review of urinary incontinence and associated women's sexual dysfunction

I was an author on several publications that were published during med school, however most of them were from research conducted prior to medical school

One first-authored publication in a peer-reviewed journal (Journal of General Internal Medicine)

Social determinants of health focused

**Who was your most effective career advisor in field matched?
(number of multiple mentions)**

Cindy Lai (8)

Beth Wilson

Margo Vener (2)

Goop Dhaliwal (4)

Sara Ayazi

Jeff Kohlwes

Margaret Wheeler (2)

Karen Hauer

What were your most useful career resources?

AMA Freida website, Doximity

Contacting alums about their specialty and placement choices

Doximity

Going to a conference in my chosen field was useful in terms of meeting residents from other programs and seeing the work being done at different programs.

I spoke to two of the confidential career advisors and my coach. Post-match report. UCSF residents

I was very underwhelmed by the career advising in IM at UCSF. I found it helpful to talk with former UCSF students who had applied in IM 1-2 years prior. I also found it helpful to talk with UCSF alumni at the schools that I interviewed at (either current residents or faculty). Lastly, there was a shared spreadsheet that was being spread on SDN/Reddit where individuals logged if they had gotten interview invites or rejections and it was a helpful source of information to know when schools were sending out invites or rejections (or when they roughly had the year prior).

Interns

Margo!!

office of career development was by far the most helpful. Sara Ayazi helped me identify my values and figure out which specialty would be best and what I should look for in programs. She helped me with my CV and prepare to interview.

Post match surveys!

Talking to friends who just matched, current residents. Sharad Jain and Goop Dhaliwal and Beth Harleman were great to talk to.

Talking with recent applicants and mentors that I met through rotations

The post match surveys

Current residents

Other mentors

Visiting various program website

If you had to do anything differently in the residency matching process, what would it be?

Applied to fewer programs, thinking more realistically about geographical locations that I would truly like to end up in as opposed to applying to programs based more so on their name/prestige

Apply only to programs in my desired geographic region. I interviewed at a few programs where I knew I would not realistically choose to go based on location; looking back, this was expensive and did not allow as much time to be a tourist or see friends as I'd imagined. The interview days are very long and there are often events packed in the night before, leaving little free time.

I came back from an MPH year, and found reintegrating and meeting with advisors regarding scheduling advice and applications very challenging. I would recommend that anyone coming back from a year off have a rough plan before they leave already set up. I also had no sense of whether or not I wanted to be part of a community vs. Academic program, so I applied to many different types of places. Most of my community options were stacked as my early interviews. I realized after my academic interviews that I preferred those options, so in retrospect I would have done a mix of community and academic program interviews early on so I could have a better sense of what interviews to cancel.

I definitely over applied to programs, mostly out of my own anxiety. I interviewed at 11 which is the magic number and even that felt like too many. Overall I felt that I did the process the best I could. There are not many things I would change.

I possibly would have applied to fewer programs. In retrospect I applied to more than I needed based on feedback I received from advisors about my application.

I probably would have applied to fewer schools.

I wish it was emphasized earlier on how important it is to honor third year medicine. Not honoring that one rotation means that there will be a select number of institutions where you will not receive an interview (UCSF being one of them). I don't know that I would do anything differently during the application process. I had read from last year's post match survey that it is important to call programs in advance and demonstrate interest/advocate for yourself, especially if they are not west coast programs. I found this to be helpful advice. I feel like there would have been programs that I ended up ranking highly who would have not extended an interview to me if I hadn't reached out to them before they sent out their interview invites.

I would have gone on fewer interviews in order to save more money.

I would not have applied to as many less competitive programs. I had a lower than average Step 1 score and so diversified the programs I applied to. However, many of these programs did not offer me interviews, presumably because they thought I would not want to come. The majority of programs in my target and reach range did offer me interviews. I would have created my rank list as soon as my interviews ended instead of waiting a couple of weeks before the deadline. That limited my ability to send out emails of interest to my top choices.

I would not schedule a program that you are highly considering as your first interview if you can avoid it. This is less about your performance and more about your ability to evaluate and know what you are looking for getting better after having a couple under your belt.

I'd take a little bit more detailed notes about my gut reactions to places. The details of call schedules etc didn't matter as much to me in the end (it all was complicated and very difficult to tell how it would actually impact my life, and residents said it didn't matter), but how I felt really did.

Not go to so many interviews!

One thing I found helpful was trying to talk to prelims at the programs I was interviewing - esp prelims who were doing their main residency (Derm, neuro, etc) at a different institution...they were often able/willing to offer more real-talk and realistic criticisms (I mean, they have nothing to lose) about the program than Medicine interns were. I would have tried to do this more.

Stress less. The UCSF name means so much to other programs.

I wouldn't look at websites like SDN or reddit -- they just stress you out and make you feel bad about yourself. Just chill and let what happens happen.

Work with the office of career dev earlier.

Is there any other information helpful to UCSF students who will apply to your specialty choice in the future?

Enjoy the travel time, take an extra day or two in cities if you can to get a feel for the place. I stayed in Airbnbs because I like having privacy and down time after interviews, but UCSF also has a great program where you can stay with alums and save money. The interviews are very relaxed, but I still tried to have a talking point about each thing on my resume.

For Internal Medicine, the most important component of the application is clerkship grades. Speaking to a career advisor about number of programs to apply to and interview at are helpful for cost savings. Interviews are benign and also a great way to find out more information about a program.

Get a credit card with points/miles. I was able to use a lot toward flights. Be very open to programs outside of UCSF and those considered "top tier" by UCSF. I'm so grateful I could keep an open mind, and ended up doing a 180. I really wanted to stay at UCSF at the start, and by the end I was embracing a program across the country that was offering me better opportunities for my particular interests, and seemed more engaged in my personal success. There are a lot of amazing programs, faculty, and residency peers out there. Go find the place that will best support your educational and life goals :)

I did not know exactly what type of program I wanted, so I applied to a wide variety of academic and community hospitals. It was really interesting to see how medicine is practiced at these different locations. I am glad that I saw a wide variety of hospitals, even though ultimately I ended up staying academic.

A lot of the programs feel the same, and in reality they are more similar than they are different. I would focus your search for programs based on location and what is important to you - hobbies, family, life goals, etc. Ultimately it is only three years, and there are an infinite number of ways to spend those years.

I found the mock interviews at the OCPD to be surprisingly helpful - I recommend doing this before you start interviewing, or during once you catch the questions that need more thought.

I was debating between family medicine and internal medicine and found a happy home in internal medicine primary care programs, but make sure to do your research--not all IM primary care programs are alike. Some are mirror images of categorical programs with some more outpatient time built in; some have an unwritten expectation that their graduates need to become primary care docs; some have really legitimate pathways for acquiring skills and certification.

I will answer this question as someone who only applied to academic programs, I don't know how the process would be different at other community programs. Although IM is not considered super competitive, if you are trying to stay at a large top academic program- try your best on step 1, I think if you are in the 230+ that will help. Understanding that third year grades sometimes feel out of your control, still try and honor as many rotations as possible, especially IM and your subIs. Have depth to your involvement in the things that interest you. I did a year long research project in another speciality before deciding on IM and this did not hinder me at all. I ended up talking about my research at almost every interview.

If you are contemplating about taking a year off solely to increase chance of matching into internal medicine, that is not necessary. I did not and matched at my top choice and that was the same for many of my classmates. Ask for your letters early (4-8 weeks before). Two of my letters came on the day after the deadline and caused a lot of unnecessary anxiety had I not just asked earlier.

Leave yourself time to write the essay -- I spent lots on mine, but got good feedback on it in a number of interviews. It's okay if you don't pre-submit. I submitted in the PM of the first day, and it was fine. Unless you're AOA, you may not start getting invitations in the first few weeks -- but you will get them eventually!

Make sure to touch base with various faculty advisors before ranking, and before applying - this is a great way to hear about other programs that might be a good fit for you that might not have crossed your mind at first.

Medicine feedback: I had great advising and amazing mentorship. The IM residents were SO supportive. Please continue to encourage this environment: The EM department has a program where each year, a resident gets an award for teaching and mentorship of med students (which med students vote on) -- maybe the IM department can start something similar to honor residents.

General feedback: I am a student who always thought he would do medicine, so I approached MS3 in that way. But for students who are undecided, it is not super helpful to tell them at the beginning of MS3 that ""they have a lot of time to decide"" when the reality is that they have to choose MS4 schedules 3/4 of the way into MS3. Start telling med students their MS2 years to think about specialties and start their investigation so they can plan their MS3 year appropriately.

Put interviews of places you are less certain about in January or later, so that you can easily cancel them after you've done interviews at places you might like better. Many programs release the dates they interview. I created a calendar/spreadsheets of all the places I applied and their interview dates so that I knew in advance the best way to try and group interviews in certain locations. That being said, there is a lot of turn over and new dates/spots open up frequently so it is easy to switch. Because of that, it's often easier to wait on buying your plane tickets until you've received most of your invites and your schedule is more stable (also helpful if you cancel interviews later). Just be aware many of the advisors at UCSF are biased towards academic programs. If you are interested in community programs or other things I found it most useful to contact prior students. Interview fatigue is real. The most interviews I did in a row was 3 in the same city and it was exhausting (but doable if necessary). Remember that there are usually dinners the night before in your planning. It's nice to put interviews at programs you care about after some warm up interviews, but not so late that you are already feeling burnt out.

Talk with the career advisors early and often. Overapply, but be selective when you start getting interview offers.