

Post Match Reporting

2017/2018 Match Cohort* Data

Specialty: Internal Medicine
N= 46 (14.9% match cohort)

Item	N	% of specialty cohort	Mean	Standard Deviation
Graduation year				
2017	23	50.0%		
2018	23	50.0%		
Three digit Step 1 score			240.4	15.3
MSPE Adjective:				
Outstanding	19	41.3%		
Superior	9	19.6%		
Excellent	18	39.1%		
Very Good	0	0.0%		
Good	0	0.0%		
AOA elected	10	21.7 %		
Applied to preliminary or transitional programs:	0	0.0%		
Other specialties applied to:				
Family Medicine				
Number of categorical programs applied to			27.7	11.9
Honors Received:				
Anesthesia	20	43.5%		
FCM	20	43.5%		
Internal Medicine	29	63.0%		
Neurology	23	50.0%		
Obstetrics/Gynecology	21	45.7%		
Pediatrics	16	34.8%		
Psychiatry	23	50.0%		
Surgery	17	37.0%		

*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
N= 34 (14.5% survey respondents)

Item	N	% of specialty cohort	Mean	Standard Deviation	Min	Max
How many programs invited you to interview?			14.5	4.8	7	28
How many interviews did you accept?			11.7	3.4	7	23
Did you review your application with a career advisor before applying?	32	94.1%				
Before ranking programs, did you review your rank list with a career advisor?	19	55.9%				
Total Spent on Interviews						
\$0-\$500	0	0.0%				
\$501-\$1000	5	14.7%				
\$1001-\$2000	13	38.2%				
\$2001-\$3000	12	35.3%				
\$3001-\$4000	3	8.8%				
>\$4000	1	2.9%				
Did you complete a Pathway project?	13	38.2%				
Did you complete a research project in the field you matched?	25	73.5%				
Did you have a publication during medical school?	24	70.6%				

The field project was in:

Aging

ARDS, pulmonary/CCM

Cardiology

Cardiology

GI oncology

Global Health

Healthcare value

Heme/Onc

Hepatology

Immunology

Immunology

infectious disease, global health

Infectious diseases

Internal Medicine

Internal medicine (nephrology)

Liver Transplant

medical education

Medical Education; Oncology

mHealth and Public Health

Nephrology

Neuro-Oncology

Oncology, Cardiology

Oncology/basic science

QI for Palliative Care and Hospitalist Medicine

sleep medicine

Describe any publications:

1 minor author paper from research in undergrad, 2 abstracts (first author in both) presented as posters at conferences.

2 second author papers: 1) OHNS retrospective chart review with RAPtr, 2) Prospective look at educational outcomes in an ultrasound elective I helped start.

1 middle author paper: Also related to OHNS.

5 first-author: 2 JAMA Viewpoints, 1 JAMA editorial, 1 JAMA IM paper

2 mid-author papers in JAMA IM"

A number of peer-reviewed journals as part of a PhD

Abstracts at national conferences

Book chapter, research letter, original research article, case report

First author paper in a peer-reviewed journal for a qualitative research study.

Heme/Onc

One co-first author and the rest coauthors from my work as a graduate student in the Tetrad program (MSTP).

One first author basic science article in a decent journal. One middle author basic science article in a decent journal.

One first-author in liver transplant. Couple in ENT.

paper was on pilot ultrasound education program for pre-clinical medical students

Poster

One paper

psych, addiction research

Publication from research project conducted in nephrology lab I worked in prior to starting medical school.

Research on PREP published in a journal and also presented at the world AIDS conference

SSRIs review

Teaching article in JAMA Internal Medicine - Challenges in Clinical Electrocardiography

Three 2nd/3rd author peer reviewed papers from jr specialist years (biochemistry/microbiology/microbial pathogenesis); One first author peer reviewed paper from research yrs during med school (humoral immunity); One ~5th author collaborative peer reviewed paper fro research yea during med school (transcriptional regulation of lymphocyte proliferation)

"Two papers on phase 3 clinical trial data for a new vaccine in development (written while working for a biotech firm)

one clinical image published online (had not yet been accepted when I applied to residency)"

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

Cindy Lai (16)

Binh An Phan

my research mentor

Gurpreet Dhaliwal (13)

Karen Hauer

Margaret Wheeler (2)

Mark Anderson

What were your most useful career resources?

Cindy Lai was very helpful. SDN was also helpful if you wade through the egos and posturing on that site.

Cindy Lai: helped me decide where to apply, wrote my dept letter, and checked in with me during interview season; Residents from my medicine sub-I: reviewed my personal statement, offered their impressions of other programs; Department of medicine advice panels for IM applicants

connect with career advisors and keep them updated throughout the interview process

Doximity

Doximity

Interns/Residents in your specialty

Doximity, SDN, internal med interviews google doc

Doximity, upperclassmen, residents at programs you are interested in

Dr. Dhaliwal was an amazing resource, and I am very grateful to have had him as an advisor. Other resources I found helpful were my advisory college mentor, Dr. Harper, who had gotten to know me over the course of medical school, and speaking with former

Find a career advisor who is going to be honest about your chances. Dr. Dhaliwal was very upfront and straightforward with me, and I found that very helpful and gave me confidence in my application.

Goop was really useful throughout the process (application prep, deciding where to apply/interview etc). Aside from that UCSF career center with mock interviews was actually useful to just get in the mindset of prepping for interviews

Goop was super helpful! He gave me practical advice about which programs to apply to and how to order my rank list (what to prioritize etc.). He was always responsive to my countless emails as well. I also reached out to attendings during rotations.

Info sessions with matched 4th years

Online resources like SDN, Doximity

post match reports from previous years and talking with previous UCSF students and current residents at the programs I was applying to

Post- Match surveys; Doximity to look at programs (take it with a grain of salt); Career advisors, especially the confidential advisors (shoutout to Haber!)

Post-match survey; mock interview & CV review with Career Services

Program websites, FREIDA, Doximity, SDN, Reddit, UCSF Post-Match surveys

Students (now interns) from prior years who had applied in my specialty and matched at the program I wanted to match at.

Talking to Hospitalist attending at UCSF Parnassus campus as well as talking to past IM applicants from UCSF who are current residents at UCSF. For couples' match, meet with Dean Jones. He is the best!!

Talking with my letter of rec writers was also very helpful for determining programs to apply to. talking with others, contacting programs, meeting with career advisor.

The best resource for me was talking to folks who have gone through the residency application process in the last few years, especially folks who came from UCSF, and picking their brains about the process. I usually tried to reach out to contacts at programs I was interested in who had also gone to UCSF just to get their perspective. Also used the following: Doximity residency navigator - useful just to get a bird's eye view of what programs are out there; Reddit IM residency application spreadsheet - kind of overwhelming, but less intense than SDN; seemed to be a valuable resource for people who like to have access to lots of data about interviews, interview dates, etc.

UCSF Post Match Surveys, NRMP Program Director Survey, and previous UCSF match lists.

UCSF Post-match survey

Older students who just matched

Faculty mentors

Residents in the specialty I applied into

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

Apply and interview at less programs

Apply to less programs

Apply to/interview at fewer programs

contact programs that I was strongly interested in earlier in the process. It really can make a difference as many programs may screen you out based on location or previous track record/historical data of UCSF students not matching at their program

Do not apply to primary care programs for internal medicine unless you are 100% set on primary care. It's billed as something you can apply to if you're considering it in any capacity, but they really want you to be set, and it really messed up a lot of my opportunities/ranking.

Focus more on Step 1 and third year grades (especially in internal medicine).

Go on only 8 interviews

Go to less interviews!

Have a more clear/cohesive long term plan of what I would want to do with my career to discuss on interviews, even if it was not truly an accurate representation of what I want at this time.

Honor 3rd year medicine clerkship if applying to medicine, get AOA.

I combed through post-match reports from prior years, and time and time again students remarked how they wish they had been more proactive about reaching out to programs to secure interviews, etc. There was a meeting for IM applicants with the UCSF IM advising leadership, and I feel like the take away from that meeting was sort of a mixed message that erred on the side of not encouraging students to reach out to PDs directly. I took that advice and was a bit hesitant to reach out to PDs on my own, and I think that may have been a mistake. Even if you are flat out rejected by a program (i.e. the programs like UW that notify all applicants on a single day if they are invited to interview or not), I would say it can't hurt to email the PD (cc the admin person) and convey your interest in the program -- if you are in fact interested and would consider going there! Sure, if we are talking about you #1 program here, it probably makes sense to get your UCSF advisor involved (the logic being that an email/call from him or her will pack more of a punch than your email), but in my limited experience -- student emails to PDs yield interviews most of the time. Another thought: going into this process, I was really certain that I wanted to prioritize staying in the Bay Area, so I applied to a lot of community programs in the bay in addition to the more traditionally academic programs. As I went through the interview seasons, my thinking (and the conversation with my partner) evolved and it turned out I was more interested in staying in an academic environment than I thought -- it was totally fine because I had applied to a bunch of other programs on the west coast and even a few further afield, but there was a moment when I wished I had applied more broadly. Of course, applying broadly has its own limitations -- and I think going on more than 10-15 interviews is probably not advisable (and some people are happy with way fewer!), but just something to consider -- your thinking can evolve throughout this process!

I don't think I would do anything differently - there is great advising available, and I followed the advice I received.

I had no sense of how competitive I was and did not feel like I met with the right people to help guide me. I was really nervous and definitely over-applied. I would have applied to far fewer programs (15 instead of 25) and interviewed at 8 programs instead of 10.

I would ask for recommendation letters early. Take your pre-interview email from programs where you fill out the survey asking the preferred choice of speciality more seriously. Being matched with interviewer with similar interests can go a long way.

I would have informed Dr. Lai what my top choices were sooner - she offered to contact programs on my behalf, but that was later in the game. I can't remember if I ever told her that UCSF was my number 1 choice, and I regret that, as she has connections at UCSF.

I would have obtained a credit card with better travel points sooner.

I would have participated in more activities in the first couple of years of medical school. I wish I had done my medicine rotation later on in the process to have had more experience in clinical rotations as opposed to it being my first rotation, though it did help me discover my interest in the specialty early on.

I would have responded to some of the post-interview communications I received from institutions relaying my interest in their program.

I would have scheduled some of the interviews that I was most excited about earlier, so that I would not have been so burnt out by the time I interviewed at those program (I had done 4-5 other interviews before the interviewing at the programs I was most interested in). I also would have gone on fewer interviews to save time and money. Interviewing is really fun and exciting, but definitely exhausting. I was glad that I made mini-vacations out of some of the away interviews when I could.

I would've reached out earlier to programs regarding: 1) request for interview if no word back by mid-late October

2) telling my #1 I was ranking them 1. And I would have played my UCSF faculty advocate card - as in have Cindy/Goop/Margaret Wheeler/random-mentor-with-connection-to-program-X reach out on your behalf to request interview, and/or to state your interest in ranking that program #1 if you have already interviewed.

If I hadn't been couples matching, I would have certainly interviewed at fewer places. It can be quite expensive and becomes tiring after a while. I would try to enjoy the places you go, however, since it is something of a unique opportunity to be able to travel around the country. Also, I benefited greatly from speaking with UCSF alumni at different programs, since they were most likely to understand the differences between UCSF and their current program.

Not worry too much! It all works out. For me, the most stressful part was actually making the rank list, which I agonized about for several months. Not sure how to avoid that.

Probably interview at 1 or 2 less programs. Otherwise, I'm happy with how it went.

Push harder to get my first author publication in press before sending out applications.

Since I couples matched, I wish we had applied to more programs in the same area. I wish I had talked to more fourth years who had just matched at the end of my third year.

Since I was applying to both categorical and primary care programs, I had twice as many interviews and I was completely exhausted by the last few interviews. If done differently, I would have decreased the number of programs that I interviewed with.

Take less interviews, not take interviews at places I was not interested in living at, better bundle my interviews so less travel, be better organized so I didn't drop interviews at the last minute --- these things are all easier said than done though. Because interviews come in one at a time, it can be hard to know how many interviews you'll get and so you sign up to take interviews early, and by the time you get other interviews and want to drop, it's really late to drop the interview.

Use more online resources, apply to more programs, lower expectations

Work on getting publications out earlier

Would not apply to primary care tracks in internal medicine unless you're 100% set on it.

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

Apply broadly, and also consider community programs, some were quite impressive. Coming from UCSF does give you a step up, but don't simply rely on that. I'm more of an anxious person and tend to err more on the overapply spectrum but you definitely don't need to do that, especially for internal medicine. Aim for at least 12 interviews. If you haven't heard from a program you really like, reach out or have someone reach out on your behalf

Apply broadly, especially if you did not honor 3rd year clerkship.

Certain administrators, advisors, deans, etc. can underemphasize things such as success in clinical rotations, Step 1 scores, etc. And this comes from a caring place, they know we are stressed and overworked and they don't want to over-burden us. They are also not completely wrong, almost everyone from UCSF applying into IM will match, and the majority match at objectively good programs. However, if you want to be in control of your future (the city you and your family will live in, the quality of the program you attend, the fellowship programs you'll have access to, etc.) then these things do matter, and they matter a lot. In IM, clinical scores in rotations are the primary things that programs will look at to differentiate students. Board scores matter, but less so. So if there's anything you should prioritize, it should be getting good clinical grades, especially in 3rd year IM rotation and IM Sub-I.

Find UCSF alumni at each program prior to interviewing to get their perspective on how that program compares to UCSF. get a travel rewards credit card

For people interested in potentially moving to another state - this is just me psychologizing medicine programs: I think if you have done all of your training in California it can be hard to convince people that you are willing to move away. There were several programs (MGH, Hopkins, U Chicago, Duke) where I didn't get interviews and I suspect that at least part of the reason is that we don't match many students there. I somewhat regret not having the opportunity to rank these places and make my own decision about them. One thing I might have done differently is to at least partly tailor the personal statement (you can send different statements to different programs) to say something vague like looking forward to broadening my horizons in a new setting, but less corny than that... I probably would've used my faculty advocate card as well eg have someone help you request an interview. The medicine clerkship directors tell you to start by emailing the program yourself, and I did this but it wasn't successful. I guess I would have sent my initial inquiry earlier to leave time for faculty advocacy. In my opinion, if you had the confidence to apply to a program in the first place, there's no shame in having the confidence to believe you deserve an interview.

Go on second looks, they were very helpful in the decision process because you get to talk with more residents and see the program again without the stress of interviewing. As a UIM student, I also reached out to residents who I identified with and they provided me with a very real and honest opinion of their experience in the program.

Good luck!

have an advisor gauge your chances at various programs and apply to more programs than you want to interview because some programs won't accept applications at a later date

I decided to double apply and talking with a confidential advisor was super helpful because I could be completely honest about my career goals and where I stand in applications.

I got the sense that by the time it came to interviews the decision had mostly been made. The interview itself was mostly a chance for the residency to sell you on their program, not to really judge you - unless, I'm sure, you're very different from what you seem like on paper. So, I think being successful in the match is mostly about having good grades (especially in the 3rd year medicine clerkship and 4th year medicine sub-I), and having some extra curricular(s) to talk about. The UCSF advisors are great about giving realistic advice about your chances for various tiers of program - it's really important to talk with them early! After you've worked hard and hopefully done well clinically, the interview process is not very stressful and is a fun chance to see how different programs have different cultures and focus on different things. Enjoy!

I was glad that I only decided to interview at 7 places to keep costs low. In the end, my final rank list was almost identical to the list I had before I started interviewing because the factors that really mattered to me (geography, exposure to different populations, and reputation) could all be found online. Interviews were more fun than I had anticipated (I think this is especially true in IM), but they all blended together and all the programs sound amazing on interview day. The one thing that influenced me during interview day was my interaction with residents.

If you are not good at interviewing, there are lists of questions floating online that you can prepare answers for.

Definitely know the answer to "where do you see yourself in 10 years" and "why this program?". Going on more interviews helps with practice, but obviously will get expensive, so practicing with a peer may be a good idea. Try your best to set aside 2 months of vacation for interviews - it allows you more flexibility to be able to group interviews geographically.

In my opinion, things that matter for IM: Honors in third year and sub-I, AOA, Dean's letter, honors in other third year and fourth year rotations and step scores above > 235. Your particular research, QI project, global health project etc can add a dimension to your application that make certain programs better fit and programs like candidates who they think they can effectively support. Being able to talk about a project that you are passionate about and its relation to your future career interests goes a long way during interviews.

It might be helpful to have some discussion about how to handle post-interview communication from institutions. Should you respond or not respond? I'm not sure there is one right answer for every situation. I decided not to after hearing from several program directors during interview days that no post-interview communication was the proper behavior. But I received favorable post-interview communication from one of the programs I ranked highly and then did not match there, which felt confusing to me as an applicant and made me wonder if I should have relayed my interest.

Just to echo what has been previously said by many others, emailing programs that have not yet offered an interview to express your interest can help - one program director responded to my email and directly offered an interview. Also, I highly recommend taking notes throughout the process, particularly on the specifics that are important to you and your general impression of each program. I found by the end of interview season that most of the programs blurred together and I remembered very little about each interview day.

Many community programs hesitate to offer interviews to MSTP students, so if these students are really interested in one of these community programs that student should reach out to them early on.

Meet with departmental advisors early. Don't overapply or underapply to programs. Most important contributing factors for the Medicine match are clerkship grades. Try to make your application cohesive (with long term goal/plan for what you want to do with your career) as this is what people will ask on interviews.

Step 1 is very important. The match turned out about how I expected it to, but I think adding 10 points to my step 1 score (mid 220's --> at least mid 230's) would have opened some doors in the top tier of programs that some people seem to assume every UCSF student interviews at (Stanford, UCSF, Univ Washington on the west coast). Interviews were all much more laid back than I had anticipated. It definitely seems like most programs in internal medicine are just looking to gauge your personality more than anything else.

The number of interviews received will be very limited if you did not honor 3rd year medicine clerkship (even if you honor your SubI or have decent/good STEP scores). Don't depend on UCSF name to make up for that.

There are many examples of students not getting interviews at certain programs who go on to get interviews and match there by personally contacting the programs to express interest or having a mentor/some other connection contact the program for them. It really does matter to programs whether or not they think you are truly interested in them so if you are, don't be afraid to express this early. It really is a human process and programs want to interview and match people who are excited about their program.

Try to enjoy the process. Use traveling as an excuse to visit friends and family. One last sartorial tip from someone who used to wear a suit every day: you don't need to dry clean your suit that often unless it is really dirty -- take it to the dry cleaner and ask for it to be pressed/steamed only -- more affordable (~\$10), keeps things looking crisp, and is less harsh on the fabric so suit will last longer. Keep suit jackets/pants/shirts in separate plastic that they come back from the cleaner's in, and put that in an inexpensive garment bag -- you can carry it on the plane or pack it in a suitcase and it will not get wrinkled thanks to the plastic. Works like a charm.

Try to schedule your interviews earlier rather than later. Try to avoid doing interviews in January if you can help it. You'll be so tired by December and especially after the holidays. Unfortunately grades do matter in this process. I was not offered some interviews simply because I did not honor in a particular rotation. I wish that the UCSF faculty stressed this fact earlier in the process, just so that we were aware. Don't be afraid to advocate for yourself if you want to interview in a particular place. Send the PD an email or ask UCSF career advisor to reach out for you. It may or may not work, but doesn't hurt to try. Also try to reach out to UCSF alumni at the programs you're interested in so you can learn how that program compares to here, what they like, what they don't, etc. I also tried to reach out to residents that matched to a program I was interested in but also went to a medical school whose program I was also interested in. They were able to give me the perspective of why they choose to stay/not stay and how the two programs/cultures were different.

IM residency interviews are much chillier than others, but do prep some responses for ""describe a difficult scenario"", ""what was a difficult patient experience"", ""when did you make a mistake/witness someone else making a mistake. what did you do?:"", ""your weaknesses/strengths"", ""why this program"", ""why should we take you"".

Also sign up for an airlines credit card when you register for step 2 so that you can use your miles towards flights. I did that and I only spent about 2k total on residency apps (this is including the ERAS application ~\$700 itself). Reach out to friends about crashing with them for a night, even if you haven't talked them for a while - have no shame!"