

## Post Match Reporting

### 2017/2018 Match Cohort\* Data

#### Specialty: Obstetrics & Gynecology N= 16 (5.2% match cohort)

Item	N	% of specialty cohort	Mean	Standard Deviation
<b>Graduation year</b>				
2017	8	50.0%		
2018	8	50.0%		
<b>Three digit Step 1 score</b>			230.4	16.5
<b>MSPE Adjective:</b>				
Outstanding	6	37.5%		
Superior	5	31.3%		
Excellent	5	31.3%		
Very Good	0	0.0%		
Good	0	0.0%		
<b>AOA elected</b>	2	12.5 %		
<b>Applied to preliminary or transitional programs:</b>	0	0.0%		
<b>Other specialties applied to:</b>				
Family Medicine				
Pediatrics				
<b>Number of categorical programs applied to</b>			48.8	30.3
<b>Honors Received:</b>				
Anesthesia	7	43.8%		
FCM	4	25.0%		
Internal Medicine	5	31.3%		
Neurology	6	37.5%		
Obstetrics/Gynecology	11	68.8%		
Pediatrics	12	75.0%		
Psychiatry	9	56.3%		
Surgery	6	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: Obstetrics & Gynecology**

**N= 15 (6.4% survey respondents)**

Item	N	% of specialty cohort	Mean	Standard Deviation	Min	Max
How many programs invited you to interview?			15.3	6.8	9	30
How many interviews did you accept?			12.9	4.7	8	25
Did you review your application with a career advisor before applying?	15	100.0%				
Before ranking programs, did you review your rank list with a career advisor?	13	86.7%				
<b>Total Spent on Interviews</b>						
\$0-\$500	0	0.0%				
\$501-\$1000	1	6.7%				
\$1001-\$2000	2	13.3%				
\$2001-\$3000	6	40.0%				
\$3001-\$4000	3	20.0%				
>\$4000	3	20.0%				
Did you complete a Pathway project?	8	53.3%				
Did you complete a research project in the field you matched?	8	53.3%				
Did you have a publication during medical school?	10	66.7%				

**The field project was in:**

Global Health

Gynecology

Maternal Child Health

OB/GYN education

Obgyn

Obgyn - Department of Family planning

Prenatal screening tests

REI

**Describe any publications:**

2 publications related to global health, 1 publication related to medical education

Cipres D, Rodriguez A, Alvarez J, Stern L, Steinauer J, Seidman D. Racial/ethnic differences in young women's use of health-promoting strategies to reduce vulnerability to sexually transmitted infections. *Journal of Adolescent Health*. February 2017.

Co-author on a gyn surgery article describing the classification and management of endometriomas. This journal article was accepted for publication after interview season, so probably did not impact my match.

ESRD in undocumented patients

Family planning research for both

I published a portion of my Master's thesis work on trans\* adolescent health care access in the *Journal of Adolescent Health*.

Personal Essay on Student Reflection on GYN clerkship

Publications from research during masters program in unrelated field

Second author, fourth author on mid-tier journals

Two strong second and middle author papers published in another field.

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

Beth Wilson

Jeanette Lager (13)

Dr. R Jackson

## **What were your most useful career resources?**

AAMC Careers in Medicine

ACOG residency database

advisors, other medical students, residents, SDN to know when the interview invites were going out

APGO residency directory, Doximity residency navigator (I liked the graphic showing how much time was spent at multiple hospitals). Dr. Lager and Dr. Stotland were also fantastic, and I appreciated them meeting with me to go over my application and what

Doximity for program ranking and general info, SDN for application advice, the OCPD resume workshop too

Doximity, freida, friends

Going to the post-match dinner with last year's class, talking to previous applicants repeatedly throughout the interview process, reaching out to program directors whose programs I knew I was very interested in

Julie Lindow & career advisors, UCSF career office for resume and interviews

Post match dinner the year prior to my match season in which the recently matched students gave tips to those who were about to start the process, advisory mentors Dr. Lager and Dr. Stotland.

Post-match report, ob/gyn dinner and advising events, graduated students

Talking with career advisors in the OBGYN department, talking with personal mentors from medical school, APGO website for OBGYN residencies, individual websites for residency programs, NRMP website

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

Applied to fewer programs, reached out to programs sooner that I was interested in interviewing at

Apply to fewer programs, contact the programs that you are interested

Devote time to think about my "story" and develop a clear and concise way to present it before interviews. Get comfortable "bragging" and highlighting aspects of your CV

I feel like things went well for me. I applied to 24 programs and got 11 interviews, then matched at my 1st choice. I'm glad I listened to myself and didn't add those extra 10 programs my advisor wanted me to add.

I might apply to fewer programs outside the geographic area I wanted to be in.

I think in retrospect, we could all say that we would add or subtract the number of programs we applied to, but it's hard to know during the process. To save money, I probably would have tried staying with friends in other cities more often, but I brought my partner along with me to many interviews and stayed a few days because I wanted to make sure he would also like the city if I decided to go there. This costs extra \$ in hotel and flights, but I think it was important for me to take my partner's happiness in the city into account. In the end, I was very glad I did so because he was my support person on the interview trail, and it was nice to turn each interview into a small vacation getaway for a few days (obviously this is only possible if your partner is able to save their vacation days for this in advance).

I think that OB advising tends to lean more conservatively - I was repeatedly advised to add more programs, including ones that I didn't think I would likely go to. If I had to do it again I would have applied to fewer programs - there were a few places I added that I was not as interested in, but just added to my list because I was advised I should. In the end, I only accepted interviews from places that I was really interested in going or had something in the program that I wanted to check out. Overall, I was satisfied with the number of interviews I received and went to.

I would have applied to and interviewed at fewer programs -- I was insecure about my ability to match (and the advising I received was conservative), but I think I performed poorly due to exhaustion and wasted money by overextending myself.

I would have sent an email to the programs I was most interested in right after I submitted my application.

Never ever look at that google doc that can be found on Student Doctor Network.

Nothing.

Review my list of programs earlier, look at student doctor network to know when interviews went out

Trust in the process!

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

A lot of programs hand out interviews based on your likelihood of going there. If you are from a particular part of the country and are interested in returning there is it helpful to either put that in your application or in an email that you send to them to let them know you are interested.

As I stated above, I tried to turn each interview into a mini- vacation that allowed my partner and I to explore the city for a few days and see if it fit us. It was a really nice relaxing way to end or begin each interview day as well. I think it was also more convincing to program directors that I would leave SF when I told them I had brought my partner with me and described all the things we had already or planned to explore in the city ;) This was a huge difference from the red eye flights and immediate returns I did to save \$\$ when applying to Med school. It was much more enjoyable to have a few days in between before flying out to the next interview.

Everyone will also tell you to respond to interview invites asap. I missed out on interviews because I couldn't read my email in time, so be quick! Some programs will publicize their interview days online, so I would try to figure out the optimal interview day beforehand (not always possible) which made my response faster.

I also kept a running google doc that I would complete after each interview documenting my feelings, pros/cons, special features of the program, etc. This was really important for me to reference later on because you WILL forget! And it is easy to get swayed when programs write you love letters saying you would be a good fit (which you will never know if it is true or generic), so I made sure to reference my initial feelings when this would happen. Remember that one email should not counteract your initial gut feeling from the interview day!

I learned a lot about other programs through my interview days with other applicants. Your Med student peers know best how the obgyn program is viewed at their institution and can share about their interactions with the residents there. I think they may have been the best resources in terms of knowing what the program is ""really"" like beyond the interview day. Other applicants will also ask you these questions. This seems obvious, but remember to conduct yourself professionally when talking about your program to other applicants." Attend conferences, get to know people as early as possible

I found that finding someone who could put in a good word for me made a huge difference in getting interviews whether that person was a former UCSF faculty I knew, faculty at the institution in another department, or a former resident of that program. Everyone I asked was super willing and supportive -- I would not be shy about reaching out to those who can help.

I also found that especially outside the Bay Area, the people I interviewed with were really trying to get a sense of whether I would actually move to their location. I recommend having some reason you can tell them you are interested in their city like friends, family, outdoor activity nearby, a certain patient population you want to work with.

It's easy to be distracted by the shininess of each individual interview day, but try to stay mindful about the things that are very important to you - to me, location and people were the most important aspects of a program, as well as finding a program that strongly emphasized training opportunities in reproductive justice and women's rights. These things became more and more clear to me the more interviews I went on, and the more that I tried to assess whether different programs felt "right" or not. Also, buy a travel steamer. Best \$20 I ever spent.

Listen to advice given by advisors. I over applied and matched into my top choice but don't regret over applying. They're a great resource for rank list info, 2nd looks etc.

Start going to advising sessions earlier, get involved in OB/Gyn related activities during the first two years (helpful to have things to discuss during interviews), strongly consider an away rotation if you are geographically limited, contact programs that you are very interested in and advocated for yourself

Talk to as many people doing the thing you want to do as possible, believe in yourself

The OB-GYN dept has fantastic advisors who will walk you through the entire process!

This is annoying, but... Try to get honors in Surgery, Medicine, and ObGyn. Also, try to get >220 on Step 1. You will almost certainly still get into the residency of your choice even if you don't have those things (or only some of them), but with the way the system is currently set up, your life will be easier and less stressful during the application process if you do have them.

Trust yourself and keep breathing. Don't fall into the stress spiral that others may be succumbing to. No matter what happens, you'll be okay.