

Post Match Reporting

2018/2019 Match Cohort Data

Specialty: Internal Medicine
N= 52 (17.3% match cohort)

Item	N	% of specialty cohort	Mean	Standard Deviation
Graduation year				
2018	23	44.2%		
2019	29	55.8%		
Three digit Step 1 score			240.3	14.6
MSPE Adjective:				
Outstanding	22	42.3%		
Superior	10	19.2%		
Excellent	20	38.5%		
Very Good	0	0.0%		
Good	0	0.0%		
AOA elected	9	17.3 %		
Applied to preliminary or transitional programs:	1	1.9%		
Other specialties applied to:				
Surgery				
Plastic Surgery				
Number of categorical programs applied to			29.4	18.3
Honors Received:				
Anesthesia	22	42.3%		
FCM	20	38.5%		
Internal Medicine	32	61.5%		
Neurology	23	44.2%		
Obstetrics/Gynecology	25	48.1%		
Pediatrics	19	36.5%		
Psychiatry	20	38.5%		
Surgery	22	42.3%		

Post Match Reporting

2018/2019 Survey Respondent Cohort Data

Specialty: Internal Medicine
N= 35 (15.4% survey respondents)

Item	N	% of specialty cohort	Mean	Standard Deviation	Min	Max
How many programs invited you to interview?			13.7	4.3	9	28
How many interviews did you accept?			11.7	3.1	8	23
Did you review your application with a career advisor before applying?	32	91.4%				
Before ranking programs, did you review your rank list with a career advisor?	23	65.7%				
Total Spent on Interviews						
\$0-\$500	1	2.9%				
\$501-\$1000	3	8.6%				
\$1001-\$2000	13	37.1%				
\$2001-\$3000	11	31.4%				
\$3001-\$4000	6	17.1%				
>\$4000	0	0.0%				
Did you complete a Pathway project?	17	48.6%				
Did you complete a research project in the field you matched?	29	82.9%				
Did you have a publication during medical school?	23	65.7%				

The field project was in:

Medical Education: Clerkship Assessment
Cardiology (4)
Surgical oncology / GI
Nephrology (2)
Endocrinology
Cardiology and reproductive health
Urology
Oncology (3)
Medical Education (2)
Breast cancer
liver transplant (2)
Hematology
Immunology
sleep medicine
ARDS, pulmonary/CCM
Global Health
Hepatology
Neuro-Oncology
Heme/Onc
GI oncology
Immunology
Aging
Infectious diseases

Describe any publications:

3rd year medical student perceptions of the fairness and accuracy of clerkships assessment, the clerkship learning environment and their relation to student performance. NOT ACCEPTED UNTIL AFTER RANK LISTS WERE DUE

1 abstract/poster at surgery conference; 1 first-author paper, 1 co-author paper, and 1 abstract/poster (from research started prior to med school and completed in first year)

Publications related to PhD work as part of the MSTP

1 Literature review 2 Research paper

First author manuscripts in different fields.

first author paper in system; first author in health edu; various other papers from projects during and before med school

2 basic science publications in Cell from my undergrad thesis lab, and a first author publication (that was accepted during interview season) from my project during medical school in medical education.

Two papers from a previous research experience related to my MPH

3 first author (including a case report), 1 fifth author

Publication from work done before medical school

One first author publication of a medical device trial that I coordinated, analyzed the data, wrote the manuscript for. One mid-range author publication which I did chart review for.

Primary basic biology research papers in bioengineering

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 from research year during med school (transcriptional regulation of lymphocyte proliferation)

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

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

SSRIs review

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

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

Heme/Onc

Abstracts at national conferences

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

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

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

Karen Hauer (2)
Cindy Lai (16)
Gurpreet Dhaliwal (12)
Peter Ganz
Lynnea Mills
Binh An Phan
my research mentor
Margaret Wheeler
Mark Anderson

What were your most useful career resources?

Doximity, SDN IM interview thread

Doximity and respective program websites

Doximity program rankings

The Internal Medicine Residency meetings were very helpful (tips for applying, tips on interviewing, etc)
Doximity.

a variety of mentors that I already had within internal medicine; the structured advising systems weren't particularly helpful because it felt fairly generic and not tailored to who I was and what I had on my CV and ended up being more frustrating

These post-match reports were helpful. Talking with other students ahead of me, which I wished I had done earlier in the process.

Reddit IM interview spreadsheet

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

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

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!!

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.

Doximity

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

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.

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

Doximity, SDN, internal med interviews google doc

Talking with my letter of rec writers was also very helpful for determining programs to apply to.

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

Doing more rotations on medicine electives to work with more attendings in the department/get to know people who might be able to advocate for you if you want to stay at UCSF. I only did a medicine sub-I and one other elective so wasn't as well-connected with the medicine department as others in the class.

If I had known where I stood in terms of competitiveness, I could have applied in a more focused manner (fewer programs). However, I think it's difficult to realistically gauge your competitiveness.

Not much I probably should have bought my plane tickets earlier.

emailing programs can help with varying usefulness in getting additional interviews

without grades, it feels like everything will be improved; Step scores do matter, but self-advocacy was hands down the most important and effective thing you could do for yourself - email those programs you care about, don't wait too late to do it (do so after the program sends out a first round of interview invites at the earliest) and just make sure that you sell yourself because nobody else will do the work for you if you don't. Having letters writers and other mentors advocate for you at specific programs if they have connections there was also helpful.

I don't think I would have done anything differently in the residency application process. I interviewed at 10 programs, mostly in California. I think deciding on your location is key - it can save you a lot of money in the long run. There are many good programs in various parts of the country; ultimately knowing where you would like to be in the next 3 years is the most important, whether that is sticking close to family or adventuring out to a new place you've always wanted to live. I felt pretty comfortable in the interviews - I think students often stress out a lot about this but I did feel that overall it was just a chance to see the program and get to know the PD and what the program is about. I think having a view of what is most important to you for residency (whether its research opportunities, fellowship match, teaching opportunities etc) and letting that frame questions you ask systematically at each interview can help you to best compare across programs when it comes time to ranking them.

Apply to fewer "safety" programs and not stress out so much about matching

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.

Apply to/interview at fewer programs

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.

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.

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.

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

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 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!

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

Apply and interview at less programs

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

Apply to less programs

Go on only 8 interviews

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.

Start thinking about letters of recommendation earlier. Try to have an active ongoing research project or something else academic and in progress so that I could talk about it during interviews.

Realize that interviews do not come out in September. Try not to become obsessive about waiting for interviews.

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

MUST honor in medicine sub-I in order to even have a chance at interview at "top" programs. Surprisingly palpable bias against California applicants from California, who are applying to east coast programs. Would definitely reach out to programs early to express interest or have advisors reach out on your behalf if you are actively trying to interview/match at more competitive east coast programs.

20 programs is plenty for most people. My wife geographically restricted me to some areas where I had no past connection. I noticed there may have been some geographic bias - for example programs in geographies I had no connection to seemed hesitant to extend interviews.

You probably can go on less interviews than you initially think.

I would say: don't trust your advisors. Despite years of experience, they consistently make big mistakes when predicting your competitiveness... in both directions. I would recommend applying to any program you could conceivably, by any stretch of the imagination, be given an interview for and would go to. The additional cost of applying to more competitive programs and safety schools is so marginal that it is definitely worth what little cash it costs. Also, apply to safety schools. Just remember - neither you nor your advisor really know what's going on... at all.

know that grades really matter and honors during third year make a big difference for what types of programs will look at you

Don't sweat interview day too much and whether everything goes perfectly, whether you love your co-applicants, and all those things because at the end of the day you have to have a sense of what will make you happiest and that very often is not captured very well in one day (not that I think second looks are all that helpful either). Spend more time figuring out what your priorities are and what you're looking for and that will help more when you need to rank programs. I found it helpful to create a real-time rank list instead of waiting until weeks after interviews were done because you will inevitably forget what you thought of each program as time goes on. It made actual rank list submission less stressful because I had put in the care thought earlier when the information was fresh in my mind.

I wish I had known how important it was to honor Internal Medicine 3rd year clerkship. I'm not sure how that will change with the new policy changes removing this grading system, but despite trying my best to overcome that (i.e., working really hard and honoring all other rotations and sub-I) it really felt like it was a part of my application that screened me out pretty early on. Definitely advocate for yourself on this and let your attendings know that you want to do Medicine and that you would like to do well.

I felt that some of the advice from the career advisors was outdated - IM is becoming more competitive and I therefore didn't get as many interviews at "top" programs as I was told I would. I would try to speak to as many people as possible who have gone through the process while also remembering that your application is different from theirs. I am glad I did not let preconceived notions guide where I applied to because I was surprised by how much I liked some programs that I knew less about going into the process (or had less favorable reputations because of location) and was also turned off by some programs that I thought I would like. I didn't have a good sense of my competitiveness and had a feeling that my interviews were limited because I did not honor my third year IM clerkship. However, I was pleasantly surprised to match to one of my top choices and think that the UCSF name did in part make up for my academic shortcomings. I also found that it is difficult to distinguish yourself in a large pool of applicants and therefore would try to think about unique ways to portray yourself in your application. Most of the interviewees at "top" academic programs have done research and I would be prepared to talk about your research during interviews. I based many of the programs I applied to on where students from UCSF ended up in past years. However, I was not constrained to staying in CA and I wish that I had thought more carefully about which community programs to apply to, as I ended up wasting money applying to programs I probably would not have gone to anyway.

The career advisors are incredibly helpful in terms of their connections and insight, but nobody will advocate for you more than you yourself can. If you are disappointed to not get an interview, reach out and reconnect with the program or ask an advisor for help (as long as you wait until the right point in the process to ask). And don't count on the school sending you reminders about all the steps and deadlines that are part of the application and ranking process.

Almost ALL interviews are given out in October, so don't stress for all the days in September when you don't hear anything, and don't expect to hear much after October unless you specifically reach out. One of my interview invites got stuck in my ERAS account and did not get forwarded to my email. Would recommend checking your ERAS account at least weekly. Look for the Reddit spreadsheet that shows when interviews come out for each school so that you can know if a school has released interviews, but I found it helpful to avoid talking to my peers about which interviews I had gotten until later in the process when we all had a substantial amount. Try not to become obsessive. Forward emails with the word "interview" in the title or the email body to text message your phone.

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.

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

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.

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.

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.

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.

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

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.

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

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

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.

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 an 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.