

Post Match Reporting

2018/2019 Match Cohort Data

Specialty: Obstetrics & Gynecology
N= 17 (5.7% match cohort)

| Item | N | % of specialty cohort | Mean | Standard Deviation |
|---|----|-----------------------|-------|--------------------|
| Graduation year | | | | |
| 2018 | 8 | 47.1% | | |
| 2019 | 9 | 52.9% | | |
| Three digit Step 1 score | | | 230.3 | 16.4 |
| MSPE Adjective: | | | | |
| Outstanding | 8 | 47.1% | | |
| Superior | 6 | 35.3% | | |
| Excellent | 3 | 17.6% | | |
| Very Good | 0 | 0.0% | | |
| Good | 0 | 0.0% | | |
| AOA elected | 4 | 23.5 % | | |
| Applied to preliminary or transitional programs: | 2 | 11.8% | | |
| Other specialties applied to: | | | | |
| Family Medicine | | | | |
| Number of categorical programs applied to | | | 41.6 | 9.7 |
| Honors Received: | | | | |
| Anesthesia | 6 | 35.3% | | |
| FCM | 5 | 29.4% | | |
| Internal Medicine | 6 | 35.3% | | |
| Neurology | 9 | 52.9% | | |
| Obstetrics/Gynecology | 14 | 82.4% | | |
| Pediatrics | 12 | 70.6% | | |
| Psychiatry | 8 | 47.1% | | |
| Surgery | 10 | 58.8% | | |

Post Match Reporting

2018/2019 Survey Respondent Cohort Data

Specialty: Obstetrics & Gynecology
N= 13 (5.7% survey respondents)

| Item | N | % of specialty cohort | Mean | Standard Deviation | Min | Max |
|---|----|-----------------------|------|--------------------|-----|-----|
| How many programs invited you to interview? | | | 16.2 | 6.3 | 10 | 30 |
| How many interviews did you accept? | | | 13.5 | 3.9 | 8 | 22 |
| Did you review your application with a career advisor before applying? | 13 | 100.0% | | | | |
| Before ranking programs, did you review your rank list with a career advisor? | 11 | 84.6% | | | | |
| Total Spent on Interviews | | | | | | |
| \$0-\$500 | 0 | 0.0% | | | | |
| \$501-\$1000 | 0 | 0.0% | | | | |
| \$1001-\$2000 | 1 | 7.7% | | | | |
| \$2001-\$3000 | 4 | 30.8% | | | | |
| \$3001-\$4000 | 6 | 46.2% | | | | |
| >\$4000 | 2 | 15.4% | | | | |
| Did you complete a Pathway project? | 6 | 46.2% | | | | |
| Did you complete a research project in the field you matched? | 9 | 69.2% | | | | |
| Did you have a publication during medical school? | 9 | 69.2% | | | | |

The field project was in:

MIS
Ob/Gyn (3)
STIs
HIV
REI
OB/GYN education
Maternal Child Health

Describe any publications:

One are submitted for publication, have not been accepted yet. One is in manuscript preparation.

1 first author publication 1 second author publication

Global health, published after applications submitted

Related to work I did before medical school

None were 1st author, 2 in hospital pediatrics and 1 in American Journal of Perinatology

Second author, fourth author on mid-tier journals

Publications from research during masters program in unrelated field

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.

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

Jeanette Lager (10)
Julie Lindow
Stotland
Dr. R Jackson
Beth Wilson

What were your most useful career resources?

Doximity residency navigator, APGO residency directory, FREIDA. All the resources provided by the UCSF Ob/Gyn department (Julie Lindow was main contact person), including post-match Ob/Gyn dinner (VERY HELPFUL!). Google spreadsheet that was circulated amongst all Ob/Gyn applicants regarding the application process

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

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

Doximity, freida, friends

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

AAMC Careers in Medicine

JULIE LINDOW!! DEAN JONES!! Also if you are interested in a specific fellowship/subspecialty, I highly recommend finding a mentor in that specialty. Some programs are weaker/stronger in certain sub-specialties.

Dr. L and Dr. S are a great resource but were often too busy to provide individualized attention.

Friends at other medical schools, AAMC surveys

Interest groups and dinners hosted by specialty.

Match information from prior years

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

I would reach out to programs and faculty members much earlier. At other top medical schools, advisors and home PDs will cold contact residency programs and advocate for you to receive an interview. This is not the case at UCSF - the advisors here will only contact their alumni programs or PDs that they know personally. Dr. Autry does not contact anyone on your behalf. If you are very interested in a program, you need to either find a faculty member at UCSF who has some connections there, or email them yourself. Don't wait until interviews have already been handed out! Write (a few, sincere) LOI at the start of the application process.

I would go on fewer interviews, however my husband was applying into Urology thus we could not couples match but we had to consider both of our applications.

Advocate for myself early on. If you are VERY interested in a certain place, you should let them know even BEFORE they send interview invites. Because once the invites are out (and if you don't get one) there is very little you could do at that point :/ Use your contacts and resources. No harm in asking someone if they will call a program on your behalf. If they say no, you lost nothing! Follow up with your letter writers q2 weeks to make sure they get that letter in!!! They will wait until the last minute and give you a heart attack! Or ask Dr. Lager to follow up with them and give them a nudge! I also would apply to less programs (but this is a double edged sword). Would I be saying this if I didn't get my top choice?? If you are not sure that you are a strong applicant, better play it safe.

Start making decisions early about what your priorities are for residency programs (large vs. small, near family, specific subspecialty exposure, research opportunities, etc.) Don't wait until after you've done all your interviews to start making those foundational decisions. Take notes during interviews! Especially about the call schedule and if the program wants to hear from you after interviews... these details are not online or in your packets and you will forget! Make time to do fun things in each new city -- treat yourself to a nice meal, see an old friend, explore a cool neighborhood. You're considering a big move, plus it makes the whole process more enjoyable.

Apply to more programs. Network better and contact people I knew at the institutions early before interviews went out. Speak with more residents on the interview days (more name recognition).

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

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.

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

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

Trust in the process!

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

Get my flights earlier and try to coordinate more with programs to avoid going to the east coast 3 separate times. I would also try and reach out to former UCSF students at different programs to get their inside scoop as they can best compare to UCSF, which is all we know as students. Some programs had people who had gone to UCSF but I didn't reach out to them.

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

The advisors here are optimistic. I was surprised how difficult it was for me to secure interviews at top programs. Reach out to programs that you are interested in early in the process - 3 of my top 4 ranked programs I had to email before receiving interview invitations.

I was not shy about reaching out to programs! My mentor also reached out to four specific programs for me and I got an interview from those programs within a week. You have to be checking your phone 24/7 during the month of October. I was on a medicine sub-i at the time and I would NOT recommend that because interview slots disappear within MINUTES after you receive an invitation!

Use the UCSF HOST program. It was fun and saves you a ton of money. Keep an open mind on interviews. I was SHOCKED by how amazing some programs were and how un-amazing others were. So be honest with yourself. I ended up ranking a program #1 that pre-interview I NEVER thought I would want to go to. So that also means ALWAYS put your best foot forward, whether its at the top program in the country, or the number 60 program in the country. Be supportive of your peers. This is a hard time for everyone. Be kind to the people you are interviewing with. Be kind to your UCSF family. You never know how people may be feeling or what interviews they got or didn't get.

Make a calendar of all the possible interview dates, and try to have identified your preferred dates in advance. I was able to group my interviews between east coast and west coast, which saved me a lot of time/money!

Us the advisors as much as you want. They are there for you to answer questions and reassure you and be your advocate. Only interview at programs you would actually go to or are curious about because it is an expensive endeavor. If you are unsure of a program, I would go check it out even if you rank it low or not at all, that information is valuable to tell you what kinds of programs you are interested in attending.

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

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.

Attend conferences, get to know people as early as possible

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.