

Post Match Reporting

2018/2019 Match Cohort Data

Specialty: Psychiatry
N= 13 (4.3% match cohort)

Item	N	% of specialty cohort	Mean	Standard Deviation
Graduation year				
2018	6	46.2%		
2019	7	53.8%		
Three digit Step 1 score			230.7	16.8
MSPE Adjective:				
Outstanding	3	23.1%		
Superior	2	15.4%		
Excellent	8	61.5%		
Very Good	0	0.0%		
Good	0	0.0%		
AOA elected	0	0.0 %		
Applied to preliminary or transitional programs:	0	0.0%		
Other specialties applied to:				
Family Medicine				
Internal Medicine				
Number of categorical programs applied to			32.5	14.3
Honors Received:				
Anesthesia	8	61.5%		
FCM	5	38.5%		
Internal Medicine	3	23.1%		
Neurology	4	30.8%		
Obstetrics/Gynecology	3	23.1%		
Pediatrics	4	30.8%		
Psychiatry	8	61.5%		
Surgery	4	30.8%		

Post Match Reporting

2018/2019 Survey Respondent Cohort Data

Specialty: Psychiatry
N= 11 (4.8% survey respondents)

Item	N	% of specialty cohort	Mean	Standard Deviation	Min	Max
How many programs invited you to interview?			13.3	7.1	6	28
How many interviews did you accept?			10.0	3.2	6	14
Did you review your application with a career advisor before applying?	8	72.7%				
Before ranking programs, did you review your rank list with a career advisor?	6	54.5%				
Total Spent on Interviews						
\$0-\$500	0	0.0%				
\$501-\$1000	2	18.2%				
\$1001-\$2000	5	45.5%				
\$2001-\$3000	3	27.3%				
\$3001-\$4000	1	9.1%				
>\$4000	0	0.0%				
Did you complete a Pathway project?	5	45.5%				
Did you complete a research project in the field you matched?	7	63.6%				
Did you have a publication during medical school?	8	72.7%				

The field project was in:

Chronic pain (2)

Neuroscience

Psychiatry; Pediatric Adolescent Gynecology; Adolescent psychology; Graduate medical education

Psychiatry (3)

Describe any publications:

Basic science publications with 1 second author high profile publication (E.g. Cell, Nature, etc.)

Contributed to the development of a basic neuroscience data analysis tool

Book chapter within OBGYN volume on psychosocial support for patients, OBGYN journal article on role of OBGYN as care coordinator and in screening/non-gyn health support.

Basic science research

Poster; Wrote a book unrelated to research

Psychiatric Services Journal of Public Health

Second author

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

Caitlin Hasser (2)

Andrew Booty (3)

Dr. Jones (3)

Christina Mangurian

Margo Vener (FCM, not my matched specialty)

What were your most useful career resources?

Psychiatry has gotten a lot more competitive since the 2018 application cycle, and because there are no straight forward metrics to assess one's competitiveness (e.g. less value on step scores, # research, # activities), it makes it really challenging, confusing, and at times misleading to take in advice from the formalized career advisors. Because of this, I found that the most valuable resource were my peers that were applying at the same time as me. Reflecting back, while I appreciated the support and availability of the career advisors, they did not really provide realistic or informed advice, and at times it was detrimental to the application of some of my co-applicants. Please feel free to reach out to any of us that have applied in 2019 application cycle and bounce anything off of us, as I strongly believe that we are actually the most informed individuals who can advise you applying into psychiatry. We have all reflected so much through this process and have more realistic expectations, having most recently been through it ourselves.

Some very basic resources I used included: Doximity (for list of programs); APA Guide (for very basics on the application process): <https://www.psychiatry.org/residents-medical-students/medical-students/apply-for-psychiatric-residency>; Program websites for specific application requirements (3 vs 4 LORs, which specialties, etc.); Friends/colleagues and their impressions of different programs

Meeting with Erick Hung (PD), Caitlin Hasser, and Alissa Peterson; career mentors/research mentors during and after psychiatry clerkship (this, especially!), post-match reports, conversations/meetings with new interns from UCSF's previous class, discussions with new attendings in Psychiatry/friends in psychiatry/residents; Doximity and program specific websites for good geographic location-based information; OCS CV preparation sessions and mock interview sessions--we are allowed many up to 45 minute sessions each year and can go back for unlimited smaller sessions as needed, which is a wonderful resource.

Doximity, AAMC, SDN, Reddit

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

The potentially most upsetting part about this process is when you have unmet expectations, and unfortunately, because of the recent change in competitiveness of psychiatry, very few people have realistic expectations or good advising in this process. 1) When you do your sub-I at UCSF, act as if you want to stay at UCSF. I thought that I did not want to stay in the beginning, but in the end it changed, and as a result, people involved in recruitment reportedly believed that I wanted to leave UCSF. For this program, their perception of whether or not you want to stay is important to them. 2) For programs that you really want to go to that are not at UCSF, strongly consider doing a sub-I at that institutions, this includes for nearby programs such as Stanford. Psychiatry is getting more competitive, and unless you are clearly a strong applicant by the psychiatry standard (strong personal narrative for going to psychiatry with a clear and demonstrated commitment to what you will do in the field), this will be extremely important for you. 3) Despite what people might tell you, coming from UCSF no longer means anything or adds any strength to your application. There are a ton of applicants applying into psychiatry from high tier institutions (this year >20 from UCLA, ~20 from Columbia). 4) Do not believe any post-interview communication unless it is very clear that you are "ranked to match." Anything else you should take with the smallest grain of salt. Again, minimizing your expectations. People have received many "highly ranked" or effusive emails that in the end were misleading and just hurtful for applicants. 5) Think of a very strong, coherent narrative (that extends to include your childhood experiences, seriously) as to why you are going into psychiatry, and make all aspects of your application point to this narrative. This is especially more challenging if you more recently learned that you wanted to go into psychiatry, but it's really what programs want and what makes an applicant a strong applicant. 6) Having good clinical grades really sets you apart from other applicants, more so than any other measurable metric. 7) Some programs have step-score cut-offs now, as there are too many applications to go through. If this happens, do ask your advisors to reach out or reach out yourself. 8) If you are highly interested a program but have not received an interview invitation, you need to email them and sincerely express your interest in their program. I received additional interviews from doing this. You should do this after you hear that they have given their first round of interview invitations, and it might be too late if you reach out later. Faculty advisors might say that this is too early, and for those that have listened to this advice, it ended up being too late and dates were already filled.

Having a systematic way of taking notes on places I interviewed at. Better understanding what the last 2 yrs of psych residency looks like

Apply to more programs, be more aggressive in indicating my interest in programs

got a credit card sooner that gave bonus mileage points

I would have reached out to advisers earlier in the process, as well as worked to consolidate interviews into fewer trips (to minimize costs).

Apply to more programs

Seek out more specialty-specific career advisors. Psychiatry does not have an adequate advising structure, and I should have looked for it myself.

Nothing- I feel I knew what hoping for and spent time thinking about locations I would be interested in training. I think I applied broadly/wide enough (a good mix of top 10 schools with a mix of others in ideal locations) and with enough geographic variation to give me a chance to see psychiatry in both coasts, midwest, and the south. This is one of the few opportunities to see variation in psychiatry and better understand variations in psychiatry culture. I think it is worthwhile to have diversity (academic, community, many training sites vs. one main training site, regions) in the programs and that was important to me. I think considering my road to psychiatry and really spending time on my personal statement was my biggest strength in the process; I was told to focus on my narrative journey to psychiatry and really took it to heart. After taking quiet time to draft potential statements, I think having a number of people I felt close to (including, residents, fellow med students, partner, even Dean Jones and career mentors, doctors outside of psychiatry) read and give comments on it made me very confident in its message and gave me a chance to present myself in a way that felt like it truly reflected me. Mock interviews and CV preparation with OCS helped prepare me for the big questions and representing my thought process most effectively. This process values honest reflection, positive/constructive processing of difficult issues that may have emerged in your history and that highlight resilience. The psychological mindedness and warmth you show in your responses and your interactions during interviews is important. Do away rotations in geographic areas where I had no personal connections to and/or are my top choices. Be more conservative and broadly apply to programs in geographic regions I was most interested in. Talk to more recent grads at near peer institutions.

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

See above. Again, please feel free to reach out to any of us that have applied this past year for any advising. I strongly believe that we are the best advisors for you, unless you know someone who is directly involved in the psychiatry admissions committee.

Think about the attitude towards psychiatry in the hospital system as a whole. Also, the relationship of the residency with the department (are residents a priority). Also, the state legal system can influence practice. Really ask 3rd and 4th years what supervision really looks like - supervision for therapy is super variable and a ubiquitously used word on the interview trail

Psychiatry has become very competitive now. Advice from attendings who remember the old psychiatry will be largely unhelpful unless they're aware of the new normal.

I didn't get many East Coast interviews, which was fine because I didn't want to move there. But students who are planning to move east may want to reach out to programs there to let them know that they're seriously interested in moving.

Try to schedule any less-exciting interviews to later in the cycle and most exciting ones earlier, so you can consider whether or not it makes sense to cancel and do so later in the cycle. Apply broadly (mix of locations and programs, not just applying at all top 10 schools). I enjoyed interviews and seeing different systems/locations I could practice in, and I learned more about what I was hoping for in each interview. I would consider applying to 15-20+ programs initially and culling interviews later in the cycle if you are sure you won't rank a place or do not want to interview there. Consider your geographic ties to a specific region (undergrad home, family, close friends there, past work there) and try to highlight it specifically in brief statements at the end of the personal statement if there are solid reasons you are connected to an area they otherwise might have passed through your application. If waitlisted for interview, writing an email of thanks and explaining more your specific interest in that program will do a great service, especially if there is a compelling

reason you'd like to see it. I would recommend leaning on the residents you know and newly matched MS4s for information on different locations for their perceptions on programs (which are about as up-to-date as can be since they just went through the process.) Especially in psychiatry, being genuinely kind, warm, and honest (while also perceptive) during interviews will serve you well.

Get some idea of what subspecialties you are interested in. Don't assume you'll get whatever you want just because "psych is non competitive." That has been changing a lot the past few years. UCLA has like 20 people match psychiatry this year. Places like Columbia and Stanford are also seeing big increases. Apply somewhat broadly and take your interviews seriously.

Let your top choice know they are your top choice.

Matching into Psychiatry has thankfully seemed a far more relaxed process compared to other specialties, but I would certainly still be diligent about preparing all requirements (LoRs, personal statements, and Step 2 if possible) on-time. LoR requirements in particular can vary by program (e.g., some may specifically require a medicine letter), so it is good to look at programs' websites and requirements earlier in 4th year. I also highly recommend consulting with career advisers or faculty you trust. If you want to stay at your home institution, make sure to let your faculty know! For the interview process, programs often have distinct strengths or areas of emphases in their training, and will usually present what they feel are the strongest aspects of their program. I would be sure to express your interest in these perceived strengths when possible to show good fit (if you actually are interested!). Inquiring about areas you feel may be weaker in the program is better suited in meetings with current residents than during formal interviews. Lastly, I would certainly recommend communicating your true interests in psychiatry whenever possible in interviews - it'll help you seem more relaxed and confident, and if a program really cannot meet that interest then it may not be a good fit anyway. Reassuringly, there are many amazing programs across the country and you are likely going to get fantastic training at wherever you match!

Be proactive - there is no one set up to catch you. You need to find your advisors yourself and ask them for what you need.