

**Post Match Reporting  
2018-2020 Match Cohort Data**

**Specialty: Emergency Medicine  
Number of Survey Respondents = 34  
2018(38%), 2019(30%), 2020(32%)**

<b>Match year</b>	<b>Match cohort</b>	<b>% total cohort</b>
2018	17	11.49 %
2019	13	8.13 %
2020	14	9.09 %

	<b>Mean</b>	<b>St Dev</b>
<b>Step 1</b>	233.68	17.31

**At least one faculty member knew me both personally and professionally during the course of medical school.**

Strongly Agree	5
Agree	5
Neutral	0
Disagree	1
Strongly Disagree	0

**If there was a faculty member who knew you both personally and professionally throughout medical school, please describe who that faculty member was and how they knew you.**

My PRIME US leadership faculty, Leigh Kimberg, knew me very well during medical school and helped shape me into the provider and advocate I am today.

My CMC coach knows me fairly well. I think of her as more of a personal mentor than a professional one considering the clinical content during CMC is fairly limited and our experience is limited at the time we engage in it.

My CMC coach was excellent, getting to know me both as a student, and outside of school. They supported me throughout my time at UCSF.

Marlene Grenon: coach Solmaz Manuel: deep explore mentor Jessica Eng: span mentor

JMP faculty who I did research with, though was less in touch after UCSF transition. UCSF coach sorta had this relationship but I wouldn't say he really knew me personally

Leigh Kimberg PRIME director

Andi Tenner research mentor Dan Cicaronne FPC leader

My coach got to know me both personally and professionally throughout my medical school training. In addition to pre clinical work, my coach got to know me and my CMC group personally as we spent more time together

outside of the campus environment. Especially in my pre clinical years, she knew about some of the ways I struggled (eg my physical/mental health).

Dr. Sharad Jain (no longer a faculty member here) was the faculty advisor for HealthLink, an organization that I helped to lead during my 2nd year. Dr. Jain made himself readily available to speak with me as a professional mentor, but also took the time to get to know me as a person. We still maintain our relationship now, even though he has moved on to a promoted position at UC Davis.

The JMP faculty, the KLIC faculty

**How many categorical programs did you apply to?**

<= 10	1
11 – 20	0
21 – 30	1
30 +	9

**Did you apply to any advanced programs?**

Yes	0
No	11

**How many advanced program(s) did you apply to?**

None

**Which advanced program(s) did you apply to?**

None

**How many programs in your specialty (not including preliminary programs) invited you to interview?**

<= 10	3
11 – 20	19
21 – 30	10
30+	4

**How many interviews in your specialty did you accept?**

<= 10	5
11 – 20	39
21 – 30	0
30+	0

**Did you review the list of programs to which you applied with a designated Career Advisor?**

Yes 25  
No 9

**Before ranking programs, did you review your rank list with a designated Career Advisor?**

Yes 14  
No 20

**If not a Career Advisor, whom did you review your rank list with?**

Classmates 2  
Friends 3  
Family 4  
Faculty 1  
Partner 2  
Myself 1

**Did you enter the Couples Match through the National Resident Matching Program (NRMP)?**

Yes 1  
No 33

**Did you apply to preliminary and/or transitional PGY1 programs in addition to programs in your specialty?**

Yes 0  
No 34

**Did you apply to preliminary and/or transitional PGY1 programs in addition to programs in your specialty?**

Yes 0  
No 34

**How many PGY1 program interviews did you accept?**

None

**Estimate the total amount you spent on interview trips.**

501 - 1000	2
1001 - 2000	8
2001 - 3000	11
3001 - 4000	8
5001 - 6000	2
6001+	3

**Were you involved in a research project in your specialty?**

Yes	17
No	17

**Did you do any away rotation(s)?**

Yes	30
No	4

**List the institution(s) and specialty for your away rotation(s).**

BMC

Dartmouth Emergency Medicine

Highland, EM (13)

Highland EM SubI and Ultrasound

Emergency Medicine: UC Davis, University Medical Center (UNLV)

Habor-UCLA (2)

Maine Medical Center EM

NYU, Navajo IHS

Kaweah Delta Hospital EM rotation (Visalia, CA)

NYU Langone, Emergency Medicine

UCSD Emergency Medicine

UCSF Fresno (2)

University of Washington Emergency Medicine SUNY Downstate/King's County Emergency Ultrasound

**Do you have any publications since starting medical school?**

Yes 20

No 14

**How many publications do you have?**

<= 5 18

6+ 0

**Do you have any publications in the specialty you applied to since starting medical school?**

Yes 1

No 10

**How many specialty publications do you have?**

1 1

2+ 0

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

Aaron Harries (21)

Marianne Juarez (3)

Isaacs, Eric

Clerkship co director

David Duong

Robert Rodriguez

Nate Teismann

Jahan Fahimi, Nate Teisman

Poornima Yechoor, MD

Charlotte Wills (2)

Tomas Diaz

recent grads

Harrison Alter

Melissa Clark

Anneli von Reinhart, recent grads

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

EMRA match has list of programs

also EMRA itself is a great resource for students from how to present to how to be competitive in the field

EMRA match map, AAMCs list of 100 residency interview questions, FRIEDA (not sure if that is how it is spelled), Love letter tutorials to places that did not initially offer interviews, program to program communication on my behalf, Alumni Host program (this was amazing).

sdn for more info about some residency programs EMRA residency map UCSF OCPD for CV, interview advice and practice Reddit for moral support

EMRA Website/Residency Map

EMRA website (<https://webapps.emra.org/utls/spa/match#/search/map>) to learn about different programs throughout the country

Career Center need to reserve appointments early

EMRA Match map of EM residencies

UCSF advisors, fellow classmates here and on away rotations

former students

Residency map, doximity

EMRA, especially their interactive map of programs.

Individual websites for each program. I did not find doximity to be very helpful.

Office Of Career Development for CV review

SDN is terrible for ones mental health, particularly when people who may well be lying say that they have gotten interviews extremely quickly after sending in their applications, or have gotten calls from program directors who specifically stated they dont make any contact post interview. But it has just enough good info that I checked it fairly regularly. I ignored it once Id actually been to interviews, though. Id much rather trust my own gut feeling about a program than a review from some rando on the internet. The EMRA website was also occasionally useful.

Career advisor heather Whealan Confidential Advisors Office of professional development (Sara Ayazi) EMRA website

UCSF EM advisors UCSF EM residents and faculty

I did not have a close relationship with any faculty at UCSF going into the interview season. I met with Aaron Harries who suggested I join EMRA and look at their website for ideas about programs to apply to. Despite not knowing me in a clinical context, he was helpful and encouraging. He looked over my personal statement, the list of schools I was applying to, and provided specific answers by email as needed throughout the season. I also periodically consulted faculty at Highland, who knew me better than UCSF faculty from my rotation there. Gene Herns talk on how to prepare for illegal questions (I watched the webcast) was funny and helpful. I also talked a lot with classmates and friends who were applying or matched in EM the year before. This was helpful in terms of knowing when specific programs released interview invites, what people thought of different programs, what communications with program directors were fruitful.

Podcasts EM Clerkship Podcast, ERCast ERMA ALiEM

EMRA has an interactive map that has basic details about each program. Each program website was surprisingly helpful. Most important to me were career mentors and speaking with residents or recently graduated residents/practicing physicians who are working in the areas I was interested in, who have a more birds eye and real world perspective on residency choice. Also, if youre couples matching, Dean Jones was immensely helpful.

I found carrier advising to be thoroughly unhelpful and unprepared. In hindsight I feel that I had basically no mentor ship or guidance throughout the application process.

Advising sessions

<https://webapps.emra.org/utills/spa/match#/search/map> I started building my program list based on this website. This gave me basic information about each program and where they were all located.

Emergency medicine residents association website (EMRA Match) Doximity UCSF office of career and professional development

EMRA residency map

The post match information from years past

Recent past applicants as EM applying has changed significantly in the last 5 years and recent students get this best /EMRA apps/CORD EM applying guide /EM basics/EM clerkship podcasts/WikiEM/ALIEM videos

EMRA Match Tool EMRA Student Guide

Career advisor for EM

EMRA Match Map (for creating a list of programs), every program's website, ALIEM podcast (EM match advice episodes), Aaron Harries (who read my entire application before submission), other EM faculty mentors (who gave tips for sub Is, read my personal statement), UCSF HOST Program (free lodging at interviews!), Reddit specialty spreadsheets, recent grads who could share their personal experience and answer those nitty gritty questions you don't feel like asking a faculty member

No specific ones that I can think of.

None particularly. Spent a lot of time in the field prior to medical school, came to medical school intending to specialize in EM.

EMCORD Application guide, EMRAs program map, EMRAs list of potential interview questions

None

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

Not to interview at programs where you really couldn't see yourself living in that locale (waste of money!)

I would have tried to obtain an alumni host for every interview. I would have made my spouse go with me to seriously considered programs, I would have done an away rotation on the eastcoast (i felt a considerable regionalism based on who offered interviews.

Apply to more programs the first round, send more love letters, ask the PD to help with contacting other programs ultimately asked for him to help reach out to two programs one of which sent me an interview invite the day after!

Nothing

Spend more time looking at programs you are applying to Choose programs you would be interested in training at

I dual applied which consumed a lot of time, energy and financial resources. I would have decided earlier on for the specialty I wanted to pursue.

Interview at fewer programs, but that will depend on individual competitiveness

I would interview in less places. Have an understanding that residency communications are not reliable indicators of their interest

i wish i had had more clarity early on about what i wanted to do i feel that there should probably be an emergency medicine required rotation or at least that the elective opportunities should be more robust. I tried multiple times to get involved (requested it for CMC, tried to be in the CIEX) without luck.

Apply to less programs.

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Write letters of intent to a few Programs that I did not have obvious connections to

I definitely over applied. But I think that ultimately over applying is not such a big deal. Over interviewing is a much bigger waste of your money and your/the programs time. I probably would have gone to 3 4 fewer interviews if I was doing it again.

I had more trouble with career exploration then with residency application itself. Think really hard early on about what your priorities are in a program.

Go on fewer interviews

Seek help early applying for away sub is, apply to many. No one told me that top programs get upwards to 100 applications for the July October months, I applied to 3 and didnt get into any. By the time I was rejected from everywhere, it was way to late to apply to more. Apply to less programs! I was encouraged to apply to 40 since my Step 1 score was below average, and this felt like WAY too many. I was even scolded by an APD at a similarly competitive program who asked how many interviews I did, then said that 12 was what she



recommended to her students. By my final interviews I was so tired and over the whole process, it felt unfair to the faculty interviewing me.

Try to sit down with advisors to really understand my competitiveness as an applicant. I had a brief phone call with Aaron about this but didn't exactly get this info More formal interview practice

sign up for mock interview

Apply to fewer schools

I would have applied to less programs.

Interview at fewer programs

Do more ways to explore cultural vibes in other institutions/regions

Talk to more residents who had recently gone through the process, find out more programs that fit my interest but I hadn't heard of

I would have done a third rotation in early summer for more SLOEs/STEP 2 CK prior to any EM subIs would have helped solidify MS3 a bit. I would have written a draft of my PS during the last intersession when the CV was due.

Not sure I'd do anything differently

Interview only at places I'd go

Not much thanks to my mentors/resources listed. Probably would have interviewed at 3-4 fewer programs but I have no idea which ones they would've been unless I had already been there. Also, if you are going to send post interview thank yous or respond to "love letters" from programs, be enthusiastic in your communication without lying of course. I was so afraid of being disingenuous that I think I came off more muted than I should have in a few replies.

Helpful to write something in a journal right after any interview. Overall impression, pros and cons. It's nice to go back and look at, because a lot of interviews otherwise just start to melt together.

I wouldn't change anything.

Try to stress out less after ERAS submission and not read too far into which programs are sending out interview invites when. Avoid SDN/med school subreddit like the plague

given the level of stress they caused, I can only assume they are heavily funded by the pharma lobby in order to sell more benzodiazepines.

Start researching programs much earlier (I didn't make a list of where to apply until the day before submitting my application...oops don't do that) and apply to fewer. Have a pseudo rank list before interview season so that I didn't have to make as many decisions about where to interview real time as invites were coming in.

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

Try to group your interviews together in certain parts of the country, but make sure not to overburden your schedule with interviews. I had a few weeks where I had 2-3 interviews each week, and this felt like a lot. Overall, I spread my interviews out over the course of 2.5 months and did not feel as burnt out at the end as some of my counterparts. It was nice to have a few weeks where I didn't think about interviews and could relax at home. Schedule interviews when the link comes out and avoid high price traffic times (ie Thanksgiving, Winter holidays). I booked all my flights on SOUTHWEST (with the exception of one) - this was a lifesaver because I could change my flight without fees and/or cancel! It saves a TON of money and allows you to rework your schedule - get a new credit card! you WILL spend lots of money and having a nice travel credit card is crucial - from car rental insurance to lounge access (I got chase sapphire reserve but any works well, you just have to commit to an airline if that's your thing). It's okay to go on a fair # of interviews as long as you truly could see yourself at that program (prior to interviewing) - but don't go to programs just because you think they are "safety" schools - not worth it and this isn't like med school interviews! interview attire - BE COMFORTABLE esp for women - I saw so many women and heels and my feet ached just looking at them. You are going to be walking A LOT, so be nice to your feet and invest in a comfortable and sturdy pair of flats!

Offer student panels on how to succeed prior to the time for 3rd year scheduling.

Apply to more places than you think, some places really surprised me! Ended up ranking a program I never thought I'd go to over a program I had thought was my dream program

I would recommend an away rotation either at an institution you're interested in or at least in a geographic region you're interested in. And try to do your best at them - the EM Sub Is are very important pieces of your application

Plan to interview at 12-14 programs mostly through november/december (some in late october, less in jan/feb). Don't interview at places you wouldn't rank in the first place - give that spot to someone who might need/appreciate it more.

Away rotations in Emergency Medicine are incredibly helpful, but VSAS is a pain to navigate. If you want to go somewhere, apply before the summer of MS4 year.

Aaron Haries was a great resource for advice - very direct and honest.

I will offer some comments specifically for those taking a year off to pursue a higher ed degree (e.g. MPH, MBA, MPP). The most important advice I received is that the degree in and of itself means nothing and will not give you an advantage during residency interviews, presumably because so many applicants have additional degrees. Instead, what you should work on during this year and what you should subsequently emphasize in your application is what you actually DID during this year, outside of the classroom. For instance, I pursued an MPH in global health and became involved in various projects related to humanitarian response (research, policy work) during the year and was able to talk about those in residency applications. A friend got an MPH in public policy and used the year to get involved in several community organizing projects, which became major talking points during interviews. The point being that, for better or for worse, just having the degree and going to classes will not differentiate you from other candidates, but the interesting things you do with the knowledge you gain from getting the degree will.

Write letters of intent to a few programs that might not take you based on geography, etc

Based on my n=1 experience, there were definitely some regional preferences in action in where I was offered interviews. I was offered interviews at essentially all the California programs and several top programs in the Northeast as well. But I didn't get interviews at the "top tier" Southern programs like Vanderbilt, UNC, etc. Im

from the Southeast and would have been curious to check out those programs, but my geographical ties to the region were not evident on ERAS I went to college in the Northeast and lived in the Northeast and the West before medical school, and there is nowhere on ERAS to list your hometown or high school. I would say that if you have geographical ties to a region outside California, or interest in a specific program in another part of the country, it is important to reach out to the program to express your interest \*before\* the main wave of interview invites goes out (this year, that occurred during the few days surrounding October 12). My experience and experience of several friends applying in EM was that if you are waiting until late October to advocate for interviews, its usually (but not always) too late.

Closed mouths don't get fed! Always remember to ask for help from people who went through this process. I felt lost early on but latched quickly onto advisers and mentors.

Sub intern rotations and letters of rec are most important.

A brief, specific email to the PD at a program you are very interested in can be very helpful in getting an interview if you aren't offered one initially. I sent two such emails and was offered interviews at both programs late in the season as other people canceled. If possible, set up shadow sessions / second looks at programs you are seriously interested in. The amount of useful information you can get from the interview pales in comparison to what you can observe in a few hours of a shift. Logistics that saved my finances: I applied for the Southwest credit card in time to get the sign up bonus before interview offers went out you can book and cancel an unlimited number of flights using points with no fees I used Swap and Snooze and friends/classmates for places to stay on the road. I also signed up for the alumni hosting but it was a little stressful staying with alumni since my travel plans changed frequently and alumni usually need more advance notice

I found this process to be tremendously stressful, largely because I might have had an unrealistic expectation for how this would go & the sort of programs who would be interviewing me. I spoke with applicants in the years above me but I turned out to be a different, less competitive applicant for reasons I still don't really understand. This can be a really random, mysterious, shitty process

Look at the methodology for Doximity "Reputation" rankings before caring too much about what it says its deeply flawed and self referential! Leaders and mentors in the field of EM have much more insight about how a program will fit you and how well respected they are than that website does.

Remember its all about match. Once you get to the interview, your numbers, scores, research done... all that is leveled with other applicants. Be confident in what you bring to the table. Programs want you to be yourself and want to know you are a good match at their institution and with your potential co residents. Also, be kind with one another. EM is growing as a popular field, but there is no reason to be competitive with your peers. The interview process can be a lonely process, but if you surround yourself with awesome colleagues you will help each other out and support each other. Also, programs and residents can totally spot you if you're trying hard to outshine your fellow co applicants.

Find the programs that will support your passion projects

Talk to everyone, especially residents with similar interests to your own! Think carefully about where you are doing your away rotation. Email PDs at programs you'd like to interview at, but didn't get an invitation to interview.

I wrote a ddx list out for the major chief complaints before my subIs with relevant decision rules etc and this really helped. Try to get your documents ready for EM subI season (immunizations, TB test, flu, fit test, insurance proof, photo etc). Leave Nov/Dec open for interviews Oct and Jan aren't too busy in EM for interviews. I applied to more programs than I was advised to and got the right number of interviews in the end. Many of the invites I got were random (some very competitive others not) and very spread across the country

(lots of \$\$\$). All my interviews came in early October in a few days so make sure you are near your phone then... ie no surgery/medicine etc rotations if you can avoid it. Create a filter for interviews and forward it to text because the spots go fast (and most programs give more offers than there are spots). For me there was only one big early wave of invites and I didnt get off any of the 4 wait lists I was on for the entire season, and contacting programs I got no initial interview for/was waitlisted for yielded nothing, and advisors did not contact programs on my behalf, which seemed offered/standard previously so be prepared for that (unless this was just this cycle due to volume). Basically, put your efforts in early on because there may not be a ton to be proactive about after October.

Apply broadly. Everyone wants to go to UCSF and Highland but they only accept a handful.

Sub Is/SLOEs are important. Reach out to mentors, advisors, recent grads and ask for tips. The rotations themselves can be stressful because of the looming SLOEs and other away students but remember that humility, teamwork, and a good attitude go a long way. I don't think it's necessary to do a true away via VSAS unless you are very, very interested in a specific program or region

you will likely still get east coast/midwest interviews. For applying, talk to Dr. Harries and apply to whatever # of programs he recommends he is fantastic. For those who lean more towards academics, think about your true goals in EM and how to let that shine on your app. If applicable, think about your research or fellowship interests, whether you have a "niche" you want to develop, and keep an open mind for programs as there are plenty of community and county based programs that do a ton of cool stuff. Interview wise, most take place Nov Dec and I highly recommend finishing before Jan because of burnout. Create a separate ERAS gmail with push notifications to your phone and be glued to your phone as early as the end of Sep/beginning of Oct. Try to schedule interviews by region to minimize flights. 12 14 is a good general number of interviews to have but ask Dr. Harries for a more tailored answer. Try to make the pre/post interview dinners and socials both to show interest and to get to know the residents better (eg are they happy? did they even show up?). Lastly, know your app but don't stress too much about the interviews. Programs are trying to recruit you as much as you are trying to make a good impression!

There are a lot of great programs out there, at the end of the day I think it's best to just think about where you'll be happiest.

Apply broadly even if youre a competitive applicant because you might be surprised by some "less competitive" programs and find you want to go there. There are a ton of really interesting and excellent programs around the country. Theres a lot of implicit pressure/inertia for UCSF students to stay on the coasts, if youre open to going to a new place be sure and look at some programs that dont have "big names" as you might be surprised and find a program you love.

Particularly in EM, I think the social associated with the interview is extremely important to both choosing a program and having a program choose you. Do your best to be yourself at this event and avoid being overly formal with residents. I would usually spend these events asking residents a few program related questions but otherwise would spend the majority of the time just having a casual conversation about anything they might be interested in. I think from their perspective, residents tire of answering the same questions about their program and will probably remember you more if you seem like a fun/chill person with shared interests. I noticed significantly more recruitment effort from programs where I talked with residents about movies or books we both liked than those in which we had in depth discussions about off service rotations.

The EM advisors and advising sessions were super helpful, and really the only resource I used to navigate the process. Start VSAS early if you're going to do an away rotation, there's a lot of logistical crapola that takes a while. Was nice to do an US rotation before EM sub Is.