

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

**Specialty: Family Medicine
Number of Survey Respondents = 23
2018(39%), 2019(22%), 2020(39%)**

Match year	Match cohort	% total cohort
2018	11	7.43 %
2019	8	5.00 %
2020	14	9.09 %

	Mean	St Dev
Step 1	220.97	19.13

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

Strongly Agree	5
Agree	3
Neutral	0
Disagree	0
Strongly Disagree	1

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.

Dr. Margo Vener: Preceptor and personal mentor. I had immediate phone/email contact with her whenever I needed it. And I used it often, for both personal and professional advice. Dr. Lee Jones: Dean of students, advisor, nervous medical student whisperer... I had, more or less, unlimited access to email and face to face visits with him, mostly personal advice regarding navigating medical school as a person with psychiatric difficulties to overcome. Dr. Erica Price: FPC small group leader. Immediate phone/email access, as well as several dinners at her home. Mostly professional advice, but also personal advice.

My coach and my SPAN preceptor

My Deep Explore mentor worked with me in several capacities — as the advisor for my interest group, as faculty in my intended specialty, and the advisor for my project. He also gave me good insight to use personally in my residency choices.

Shieva Khayam Bashi and Russel Silverstein got to know our FPC group closely in personal small group discussions. Janeen Smith, Calvin Chou, and Ed Kim were highly invested mentors, and helped me build up my confidence in addition to my clinical skills in my early rotations. I worked for only a very brief time with David Hoffman (pediatrics preceptor from Marin General Hospital) and Candice Yuvienco (rheumatology preceptor from UCSF Fresno), but both of them also stand out to me as caring about me on a personal level as well as in a professional regard. Lee Jones, Margo Vener, and Cha Vilorio/Esguerra also went above and beyond in counseling and encouraging me through scheduling changes, residency applications and more.

Larissa Thomas, CMC coach. Era Kryzhanovskaya, PISCES preceptor. Both did an incredible job checking in via email and/or setting up regular in person meetings throughout 3rd and 4th year.

Manuel Tapia is a faculty member that served as a mentor to me throughout the 4 years. We met through clinica Martin baro and since then I did a month long summer preceptorship with him at south East health center and have met up for coffee during 3rd/4th year to discuss career options. I would say he knows me more personally than professionally.

The only person who really cared to learn more about me to be able to support me during my life crises was Dr. Lee Jones. I will pay forward the kindness he has shown me during my career.

My CMC coach. Knew me because of the CMC work we did and because she's a kind person. My pediatrics preceptor in 3rd year also a kind person that took the time and interest to get to know me. Ditto my SPAN preceptor. For the preceptors, given there aren't required "get to know me" components of our work together, I think it's a personality thing. They are kind and interested people with the bandwidth to express care for and get to know the people they're working alongside.

Dr. Margo Vener, Family Medicine seminar leader during 3rd year and Family Medicine residency application advisor Dr. Soraya Azari, Internal Medicine 3rd year clerkship attending and SPAN preceptor Dr. Susan Ivey, JMP Faculty member and JMP thesis advisor Dr. Seth Holmes, JMP thesis advisor

How many categorical programs did you apply to?

<= 10	1
11 – 20	7
21 – 30	0
30 +	1

Did you apply to any advanced programs?

Yes	2
No	7

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

<= 10	1
11 – 20	0
21 – 30	0
30 +	1

Which advanced program(s) did you apply to?

family medicine - i'm not sure what prelim/categorical/advanced means for me. We don't have a distinction so I'm treating fcm as an advanced program in this survey.

I only applied to Family Medicine Programs. I applied to many, since I was looking pretty broadly in terms of geography and also considering rural training tracks. 4 Bay Area programs and 6 Colorado programs (including

programs with rural training tracks), 2 programs in New Mexico, 3 programs in the Seattle area, 2 in North Carolina, 2 in Tennessee, 3 University of Pittsburgh Family Medicine programs

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

<= 5	0
6 – 10	3
11 – 20	18
21+	2

How many interviews in your specialty did you accept?

<= 5	1
6 – 10	9
11 – 20	13
21+	0

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

Yes	19
No	4

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

Yes	17
No	6

If not a Career Advisor, whom did you review your rank list with? (Select all that apply.) - Selected Choice

Family	1
Partner	2

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

Yes	1
No	22

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

Yes	0
No	23

How many PGY1 programs invited you to interview?

None

How many PGY1 program interviews did you accept?

None

Estimate the total amount you spent on interview trips.

0 - 300	3
301 - 500	2
501 - 1000	6
1001 - 2000	9
2001 - 3000	3

Were you involved in a research project in your specialty?

Yes	13
No	10

Did you do any away rotation(s)?

Yes	11
No	12

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

Advanced Ambulatory Family Medicine, Sutter Santa Rosa

Contra costa family medicine program. Family medicine (3)

FACES Kenya

John Muir Health

Family Medicine Scopes, Sonos, Sutures at Contra Costa

Family medicine: Natividad Medical Center (Salinas), Contra Costa Health System (Martinez / Contra Costa County), Chinle Comprehensive Health Care Facility (Navajo Nation, Chinle AZ), Gallup Indian Medical Center (Gallup, NM)

FCM: Natividad in Salinas CA and PCCS in Minneapolis MN

Hopi Health Care Center, Family Medicine

IHS Navajo Reservation, Shiprock, NM Family Medicine

Kaiser Napa Solano

Do you have any publications since starting medical school?

Yes 10
No 13

How many publications do you have?

<= 5 10
6+ 0

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

Yes 2
No 7

How many specialty publications do you have?

<= 5 2
6+ 0

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

Margo Vener (22)

Dean Jones

Dr. Margo Vener was an amazingly supportive and wise advisor. I also spoke with Dr. Tomlinson, who is listed as a confidential advisor, I believe.

What were your most useful career resources?

Match Panel coordinated by Margo Vener Residency emails by Margo Vener

Margo Vener.

Just her

Going to the National Conference (especially if applying outside bay area)

The Career Resource Centers presentation on CVs was really helpful and made think about how to better organize my CV to reflect my interests.

Handouts from Margo residency webpages AMA FREIDA residency website current residents other friends/applicants also interviewing at the same residencies. Useful to compare notes.

She sent out emails leading up to the match which laid out exactly what we should be doing (reviewing lists, sending thank you emails, etc.) She is amazing!

AAFP

MARGO!!

Advisors/faculty, residents, AAFP residency application handbook, google

No

Dr. Vener AAFP Family Medicine conference talking with friends who matched into Family Medicine in years ahead of me

Residents and interns at UCSF FCM Peers who graduated 1 2 years before me

Margo Vener

Word of mouth, talking to residents at programs/regions I was interested in and always ending the conversation with more names/contacts to talk to at different programs/regions. Family medicine is a huge field, I was interested in learning more about programs in the mountain west and Margo Vener does not know as much about rural programs outside of California.

Dean Jones for couple matching

AAFP program list and ranking app

panels with students in the year ahead, at various points in the process.

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

Interview at 10 programs rather than 14 (easier to say in retrospect)

Attend the National conference for AAFP programs in July

Nothing

I wish Id budgeted better for travel costs. Also, I wasnt always able to group interviews together geographically, but I wish Id reached out to residency programs about interview dates. For example, a program might have only offered me two dates in January, but if Id emailed and said "Im in _____ on these dates, is there any chance I could interview then?," they might have made an exception for me. Lastly, I didnt realize how early family medicine interviews would be and wish Id known that when planning my 4th year schedule.

cancel interview that I wasn't going to go to earlier. As soon as you think you might not go, cancel the interview. You likely won't change your mind and gives another potential interviewee as much time as possible to attend in your place.

unsure

SOAP last cycle

Not go to as many interviews, especially to places that I wasn't as interested in going.

Take my Step 2CS in time to receive the score for match list certification. I had to withdraw from the main match and SOAP because of this.

not interview in as many places, perhaps try to link places as much as possible so not travel as much. also, would not schedule a tier 1A in middle of interviews, probably definite thing I would change if I could

Do away with rotations where you want to interview Go on fewer interviews

Apply to fewer programs and make fewer interview trips!! I wish I had narrowed my list more, but I am also happy that I was able to travel and "get to know" programs since I was considering multiple regions of the U.S., and some things are really hard to get a sense for by only reading the website. I also wish I would have gone to the AAFP Conference in Kansas City earlier on in medical school, not just the summer before applying to FM residencies (though that was definitely super helpful, too!).

Stress out less about Step 1. Be more diligent about sending thank you letters right after my interviews, so I didn't stress about this later Start working on my personal statement sooner

Nothing

Take the month of January (or two weeks during January) as a light month or off completely to have time to reflect on my rank list as for family medicine it is an option/acceptable to email your top 1-2 programs on or before February 1st and let them know you are ranking them at top of your list.

Nothing, it all went smoothly.

Ask all questions even the dumb ones to my advisor Double check all interview dates to confirm that the date and the day of the week matches

No changes

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

I greatly benefited from going to the social dinners prior to interviews. The residents were helpful to not only answer questions, but to identify questions to ask on the next day. I found it invaluable to attend these to see if I fit with the culture and identity of each program.

Margo guides you through everything in time. Have a low threshold for seeking her help. It was hard for me to learn that she was a "safe" mentor and that I could come to her with questions or messy thoughts or simply to say "I'm stressed but I don't actually know what I should be doing right now." Try to take time between interviews I never did more than 2 in a week. I needed that amount of time to really reflect on what I felt about each program, and to have the energy and enthusiasm to be outgoing, meet people, and attend all the important extra events like pre-interview dinner. I was very surprised by programs, and felt that my questions and approach to the interview process changed dramatically from the beginning to the end. I also felt that spending the money to stay in a hotel or Airbnb—even a crappy one—helped me feel rested, relaxed and prepared on interview day.

Best of luck!

Margo Vener is an invaluable resource. If you're going into Family Medicine you need to talk to Margo.

make sure you go to all the socials or as many as you can. Often you can get a better feel of the residency spirit at the social than at the interview itself. don't be afraid to ask blunt questions in a polite way, you're interviewing the program as much as they are interviewing you keep a spreadsheet of key questions/interests you will ask or get a sense of from each residency. Then make notes after every interview day have fun with process, especially towards the end of the interview trail when the process can feel very draining. Who knows, you might love your very last program!!

Talk to Margo

Be open minded. Things can be unfair but keep your head up.

Believe in yourself, and just be yourself when interviewing for programs. You're going to spend years of your life here if they don't like you for you in the interview, it's probably not a great place.

Talk to Margo Vener as much as possible, do an away rotation at a program you think may be a good fit

In the end, you only need to match to one program. So evaluate your own priorities and decide whether and where and what type of programs to apply to. For me, it was much less stressful to apply only to the programs within a small geographical area, because I knew that's where I wanted to stay and I also did not want to travel to extra places if I was not seriously considering going far away to begin with.

If you wind up in the SOAP you will have no time to be mournful. Start taking interviews and be enthusiastic. Show them that you are passionate, and you don't see this as a bad outcome that will put a chip on your shoulder during residency.

Family medicine programs, in particular, can vary so widely in their training. It's helpful to keep an open mind, but also be realistic about what skills you want to gain during residency in relation to where you see yourself in the future because it's only 3 years, and you will definitely keep continuing learning after that.

Highly recommend meeting with Dr. Vener, and if interested in applying to Family Medicine programs outside California attending the AAFP annual conference in Kansas City.

Tape your rank list to your bathroom mirror so you (and your partner, if applicable) become used to seeing it.

Family Medicine is not an intimidating field. First step is always to take a deep breath and remember that. Second, really consider where you would want to live first and apply accordingly programs are so very difficult to really gauge until you go in person for the interview. It is better to apply to too many programs than not enough. Third, remember that everything, and I literally mean everything, works out in the end. There will be many situations (i.e. traps) to make one feel that they are not doing enough, that they themselves are not enough but the truth of the matter is that every person has their own journey comparison is detrimental and useless. If one person advises you to only apply to community programs, that's good for them. If one person advises you to always go to the interview dinner, that's good for them. It does not mean that those things are good for you. Do what makes sense for you in the moment and try your best not to feel guilty about it.

my first two interviews were with programs I wasn't as excited about and they were both local so they were easy to get to and helped take the pressure off/get a sense for what the interview trail would be like/practice interviewing interview dinners are a great way to get a sense of the resident culture, but don't judge a program by comparing interview dinners because they vary drastically in turnout within a program depending on the week

you interview and which residents are available to show up that week I took off November to interview and felt like that was a good month

Follow your heart. Money doesn't matter. Talk to as many attendings in your field of choice and get a sense of their lifestyle.

Keep one page on a journal that lists the whole year and mark down the interview dates in erasable ink. on another page write a list of schools interviewing at and if hotel/ticket/transport arranged. Change the email you receive interview offers to either SMS your phone or change it so that account has a unique alert (interview spots do disappear fast). On the interview trail, create a relaxing bedtime routine for the day before the interview (good book, hot chocolate, soothing music). If couples matching, Dean Jones is s wonderful resource. He can give realistic expectation and advise on how to rank.

Consider applying outside of your comfort zone and look into rural residencies!

I applied in Family and OB, because I had not yet decided on my preference. I ended up submitting a mixed rank list, with mostly family programs, based upon my preference for specific programs.