

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

**Specialty: Internal Medicine-Subspecialties
Number of Survey Respondents = 28
2018(53%), 2019(43%), 2020(4%)**

Match year	Match cohort	% total cohort
2018	17	11.49 %
2019	13	8.13 %
2020	2	1.30 %

	Mean	St Dev
Step 1	234.38	13.74

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

Strongly Agree	1
Agree	0
Neutral	0
Disagree	0
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 bridges coach knew me both from our QI work as well as got to know me personally by inviting our group over for dinner and doing some coffee hours.

My mentor for primary care projects who I worked with as a first year and a fourth year knew me both from our projects and spent some time getting to know me personally as well

How many categorical programs did you apply to?

<= 10	1
11 +	0

Did you apply to any advanced programs?

Yes	0
No	1

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?

<= 5	2
6 – 10	4
11 – 20	29
21+	3

How many interviews in your specialty did you accept?

<= 5	2
6 – 10	8
11 – 20	18
21+	0

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

Yes	23
No	5

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

Yes	15
No	13

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

peers and family	1
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Did you enter the Couples Match through the National Resident Matching Program (NRMP)?

Yes	1
No	27

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

Yes 1
No 27

How many PGY1 programs invited you to interview?

<= 10 0
11 – 20 1
21 + 0

How many PGY1 program interviews did you accept?

<= 10 0
11 – 20 1
21 + 0

Estimate the total amount you spent on interview trips. - Selected Choice

501 - 1000 5
1001 - 2000 8
2001 - 3000 11
3001 - 4000 4

Were you involved in a research project in your specialty?

Yes 19
No 9

Did you do any away rotation(s)?

Yes 3
No 25

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

Indian Health Service (Chinle, AZ Navajo Nation)
Santa Rosa Family Med
Sutter health, internal medicine

Do you have any publications since starting medical school?

Yes 17
No 11

How many publications do you have?

<= 5 17
6+ 0

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

Yes 0
No 1

How many specialty publications do you have?

None

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

Cindy Lai (9)

Kristina Sullivan

Dr. Gurpreet Dhaliwal (5)

Formal advisor, residents, and prior attendings

Geoff Stetson

Tim Kelly

Sara Ayazi (general career advisor)

Margo Vener (2)

Margaret Wheeler

Sabrina Fernandez (in peds) Brad Monash (med peds) a non ucsf med peds primary care practitioner

Sneha Daya

Personal Mentors in the field (Advisory College Mentor and Research Mentor)

Jeff Kohlwes

David Chia

Med Peds advisors at other schools

Heather Nye

Archana Eniasivam

What were your most useful career resources?

Visiting various program website

AMA Freida website, Doximity

Residents and prior attendings.

Post match surveys!

Career center mock interviews and CV feedback

Previous years post match surveys Match lists from prior years

office of career development was by far the most helpful. Sara Ayazi helped me identify my values and figure out which specialty would be best and what I should look for in programs. She helped me with my CV and prepare to interview.

Doximity Speaking with peers who have recently graduated Speaking with Cindy Lai

Margo!!

residency websites

I didnt utilize many of the advisory resources for internal medicine. I double applied in family medicine and found that Margo Vener was by far the best advisor I interacted with. She sent out emails to everyone applying in FM with tips throughout the interview season and made herself readily available for any advice. She also offered to read all of our personal statements.

talking to as many people in the field as possible specialty specific google docs online

UCSF alumni at various programs I was applying to Med Peds faculty here at UCSF that I met during my rotations

Going to a conference in my chosen field was useful in terms of meeting residents from other programs and seeing the work being done at different programs.

I spoke to two of the confidential career advisors and my coach. Post match reports UCSF residents

Also Dean Haber was incredibly helpful. Not only helped with essays, but also with creating lists, crafting emails, etc.

Post match reports to understand how competitive of an applicant I was. Doximity to create initial list, which I then pared down with help from my advisor (Dr. Lai). Dr. Lai was also very helpful in helping edit my final personal statement. Reddit IM spreadsheet to compare other interviewee impressions after I interviewed with a program. Several attendings/mentors who Ive worked with in my specific fields of interest (hospital medicine, health care policy/advocacy) helped me weigh pros and cons to decide between my top two choices.

I was very underwhelmed by the career advising in IM at UCSF. I found it helpful to talk with former UCSF students who had applied in IM 1-2 years prior. I also found it helpful to talk with UCSF alumni at the schools that I interviewed at (either current residents or faculty). Lastly, there was a shared spreadsheet that was being spread on SDN/Reddit where individuals logged if they had gotten interview invites or rejections and it was a helpful source of information to know when schools were sending out invites or rejections (or when they roughly had the year prior).

For internal medicine, Cindy Lai, my letter writers, my Advisory College mentor, and assigned Coach (both happened to be in IM) were helpful. Some of the career oriented podcasts on Curbsiders also helped me feel connected to a larger community in internal medicine. Advice from near peers, whether from personal relationships or specialty organized events and panels, was incredibly helpful for boosting morale and navigating logistics. Articles via websites like Doximity were occasionally helpful. For double applying, Dean Jones was easily the best, most high yield, supportive, and non-judgmental resource for me. It was also helpful to use the AAMC Careers in Medicine and FREIDA > Career Planning Resource web sites. Nothing of course beats being able to talk to folks who were in the same boat as you they can help normalize your journey when it can feel isolating, contextualize or reframe your situation in the larger picture, and offer wisdom such as acknowledging the grief that comes with closing doors.

Since UCSF's Med Peds advising is pretty minimal, I put a lot of effort into building my own advising network if you are at all considering applying in Med Peds, please reach out to alumni and we will connect you to these people!! I dual applied in internal medicine, and Goop was an amazing help with things like essay revisions, editing emails I sent to programs, general strategy, contacting programs, and rank list. But there were some limitations to his knowledge of Med Peds, and some things are definitely different than IM (e.g. timing of when to reach out to programs, program reputations). Early on, I was connected with the Med Peds advisor at another school, who knew all of the technical details of Med Peds applications, programs, etc and was a huge help throughout the process. She was super generous with her time and is willing to advise future UCSF students, so please reach out to alums to get connected!! I also talked with my fellow UCSF Med Peds applicants, recent UCSF alums who went into Med Peds, residents at Med Peds programs, and current UCSF fellows and faculty that did Med Peds, and found these conversations incredibly helpful, especially when it came time to rank programs. Brad Monash was helpful in connecting me to these people at UCSF, as he maintains a list and knows who went to which residency programs.

I felt that for my specialty Med/Peds, I had to piece together advice from several different sources and physicians. I wish there was a designated advisor that would explain what is coming next and strategies. I did like the two named advisors above because they were available to answer questions and calm anxiety I had. However, it'd be helpful to look ahead and even have official meetings to look ahead.

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

Applied to fewer programs, thinking more realistically about geographical locations that I would truly like to end up in as opposed to applying to programs based more so on their name/prestige

Take step 2 CS seriously. Believe in yourself.

Id take a little bit more detailed notes about my gut reactions to places. The details of call schedules etc didn't matter as much to me in the end (it all was complicated and very difficult to tell how it would actually impact my life, and residents said it didn't matter), but how I felt really did.

Talk to more people before, be more willing to advocate.

I definitely over applied to programs, mostly out of my own anxiety. I interviewed at 11 which is the "magic number" and even that felt like too many. Overall I felt that I did the process the best I could. There are not many things I would change.

Interview fewer places

I wouldn't do much differently. I thought it was useful to see many different residency programs before deciding which was a good fit for me.

Honestly, a lot of it came down to the interviews. I ended up getting most of the interviews I wanted, but having a few where the interviewer seemed to be looking for something more than what I was answering. I would go back and spend more time preparing answers with advisors.

Work with the office of career dev earlier.

Feel more confident about my application and apply to/ interview at less programs

Not go to so many interviews!

use the UCSF host program more

I came back from an MPH year, and found reintegrating and meeting with advisors regarding scheduling advice and applications very challenging. I would recommend that anyone coming back from a year off have a rough plan before they leave already set up. I also had no sense of whether or not I wanted to be part of a community vs. Academic program, so I applied to many different types of places. Most of my community options were stacked as my early interviews. I realized after my academic interviews that I preferred those options, so in retrospect I would have done a mix of community and academic program interviews early on so I could have a better sense of what interviews to cancel.

One thing I found helpful was trying to talk to prelims at the programs I was interviewing esp prelims who were doing their main residency (Derm, neuro, etc) at a different institution...they were often able/willing to offer more real talk and realistic criticisms (I mean, they have nothing to lose) about the program than Medicine interns were. I would have tried to do this more.

I would have tried to do more personal reflection prior to submitting my rank list.

send emails earlier to a select few programs advocating for myself to get an interview. I sent one email after a program rejected me and they were receptive to it but couldn't schedule me in at that point. Wish I had specifically reached out to residents at programs I was considering applying to while creating my program list or even just prior UCSF students who had applied med peds

Interview at less categorical IM programs

I would not schedule a program that you are highly considering as your first interview if you can avoid it. This is less about your performance and more about your ability to evaluate and know what you are looking for getting better after having a couple under your belt.

I would not have applied to as many less competitive programs. I had a lower than average Step 1 score and so diversified the programs I applied to. However, many of these programs did not offer me interviews, presumably because they thought I would not want to come. The majority of programs in my target and reach range did offer me interviews. I would have created my rank list as soon as my interviews ended instead of waiting a couple of weeks before the deadline. That limited my ability to send out emails of interest to my top choices.

Been a bit more realistic/less trusting of everyone's comments on how "everything will be alright." Program directors have no reason to be completely honest with you, and they can give you false good impressions. After learning to stop "playing the game", felt a little healthier about the whole process.

Im not sure there would be anything I would do differently except maybe interview at 1-2 fewer programs? Going in I knew I would be a fairly competitive applicant, but was still nervous about getting interview slots so ended up scheduling interviews early on that, in retrospect, I could have scheduled later in the season and then cancelled. That said, it was useful to schedule some low stakes interviews up front to gear up for programs I was more excited about.

I probably would have applied to fewer schools.

Im not sure I would've done anything differently I did the best given the information I had at the moment, worked hard to get my materials completed on time, kept my advisors and letter writers up to date, and sought out lots of advice. I was concerned during my interview trail that I should've sent more thank yous, but IM is moving away from this and I don't believe I was penalized for not doing so as I matched at my top choice.

I would ask for letters of recommendation earlier as it can take some time for them to get done.

A recent alum suggested I interview at the top Med/Peds programs even if I was hoping to only stay west coast, just to get an idea for comparison. I decided not to, since there was no way I was going to move, but if there had been even a remote possibility of moving, it would have been a good idea because I ultimately felt I made my decision with somewhat incomplete information. I also would have listened/trusted my advisors more (and the internet less) when they assessed my competitiveness as an applicant although my step scores were a bit low and I did not honor Pediatrics, I had a lot of unique experiences and coming from UCSF was also important. I don't think it would have changed the outcome, but may have affected the way I thought about the different options and the way I did my rank list.

Mock interviews or Med/Peds specific advice on east vs. west coast interviews, or talk to people specifically about that. Earlier advising for dual applying. Better connection to the separate Internal Medicine and Pediatrics advising. I wish someone had reached out or talked to me from both Med and Peds at UCSF. I may have chosen different to dual apply to Medicine instead of Pediatrics if I had talked to Medicine folks earlier.

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

Make sure to touch base with various faculty advisors before ranking, and before applying this is a great way to hear about other programs that might be a good fit for you that might not have crossed your mind at first.

Enjoy the travel time, take an extra day or two in cities if you can to get a feel for the place. I stayed in Airbnbs because I like having privacy and down time after interviews, but UCSF also has a great program where you can stay with alums and save money. The interviews are very relaxed, but I still tried to have a talking point about each thing on my resume.

Encourage students to advocate for themselves.

I will answer this question as someone who only applied to academic programs, I don't know how the process would be different at other community programs. Although IM is not considered super competitive, if you are trying to stay at a large top academic program try your best on step 1, I think if you are in the 230+ that will help. Understanding that third year grades sometimes feel out of your control, still try and honor as many

rotations as possible, especially IM and your subIs. Have depth to your involvement in the things that interest you. I did a year long research project in another speciality before deciding on IM and this did not hinder me at all. I ended up talking about my research at almost every interview.

Try to talk to a few people about where you should apply, and then take their advice! You can always decline interview invites if you end up getting more than you want to go on. Internal medicine is a great and large specialty with many positions in many excellent programs, so you will end up somewhere good!!

Be proactive. Reach out for help early. i.e. talk to an advisor/mentor and see if they can make calls on your behalf. They can help you get interviews. Honor in anything that can be honored.

Get a credit card with points/miles. I was able to use a lot toward flights. Be very open to programs outside of UCSF and those considered "top tier" by UCSF. I'm so grateful I could keep an open mind, and ended up doing a 180. I really wanted to stay at UCSF at the start, and by the end I was embracing a program across the country that was offering me better opportunities for my particular interests, and seemed more engaged in my personal success. There are a lot of amazing programs, faculty, and residency peers out there. Go find the place that will best support your educational and life goals :)

From my personal experience and after speaking with friends who also applied into IM, UCSF students match very well and have broad interview choices. Thus, I recommend applying to 15 programs max and interview at around 12. For places that you are less interested in, schedule those interviews near the end of the interview trail such that you can cancel them as you go. Interviews trickle in over the course of September and October so be patient. However, make sure to check your email regularly, or even better, set up notifications on your phone, because interview spots fill up within minutes of the interview invite. Make sure to go to as many of the pre interview socials as you can, as this is where you will get the most information as to whether the program is a good fit. The interview trail can be very tiring, so I recommend taking time in between interviews to rest or explore a new city. With regards to being competitive for IM, I know that board scores is a common concern, but in my experience, they are not factored in as heavily in the evaluation process as other specialties. Clerkship grades and letters of rec appear to have greater weight. The interviews themselves are often very chill and given UCSF's reputation, many programs are trying to recruit you. With regards to choosing primary care vs. categorical, I was recommended by my advisor to apply only to categorical programs since I am interested in a career in hospital medicine/general internal medicine. However, I ended up applying to three primary care program sites and discovered that the mentorship, people, and support system in the primary care programs felt like a better fit for me. If you are considering general internal medicine, I would highly suggest applying to primary care programs. In my experience, many PC programs are quite flexible in allowing you to subspecialize if you discover that that is a better fit for you during residency.

Put interviews of places you are less certain about in January or later, so that you can easily cancel them after you've done interviews at places you might like better. Many programs release the dates they interview. I created a calendar/spreadsheet of all the places I applied and their interview dates so that I knew in advance the best way to try and group interviews in certain locations. That being said, there is a lot of turn over and new dates/spots open up frequently so it is easy to switch. Because of that, it's often easier to wait on buying your plane tickets until you've received most of your invites and your schedule is more stable (also helpful if you cancel interviews later). Just be aware many of the advisors at UCSF are biased towards academic programs. If you are interested in community programs or other things I found it most useful to contact prior students. Interview fatigue is real. The most interviews I did in a row was 3 in the same city and it was exhausting (but doable if necessary). Remember that there are usually dinners the night before in your planning. It's nice to put interviews at programs you care about after some "warm up" interviews, but not so late that you are already feeling burnt out.

I found the mock interviews at the OCPD to be surprisingly helpful I recommend doing this before you start interviewing, or during once you catch the questions that need more thought.

reach out earlier to prior UCSF med peds folks. I went to both medicine and peds resident panels for applying 4th years and found them helpful. Don't be afraid to advocate for yourself especially if you have a strong interest in a particular program outside of California (which is even more likely for med peds than other specialties given how few California programs there are). I wrote a special personal statement for the program I matched at where I added a short paragraph about why their mission in particular was a good fit for me.

Med Peds can be challenging to apply into if you don't know much about it mostly because it's hard to know what that career looks like without having a residency program here. If you are at all interested, reach out to the Med Peds interest group so that you can get in touch with Med Peds trained UCSF faculty. They are a special group of physicians and are willing to talk about the field in addition to giving you the inside scoop on the program they trained at. Most of them trained on the East Coast where there is a higher concentration of Med Peds programs. If you're interested in staying on the West Coast, reach out to recent grads. The majority of the UCSF grads over the past 4 years have matched into UCSD, UCLA and USC which are 3 of 4 programs in California. As you put together your application, keep in mind that you will need a sub i in each (IM and peds) with department letters for both. Away rotations are not really necessary as we are fortunate to have strong categorical programs here at UCSF. I would say research is also not entirely necessary to match into Med Peds but can see how it would help for more competitive programs (i.e. Harvard MGH, UCLA). Extracurricular projects/activities are definitely a plus, but those things come naturally to UCSF med students :) I hope you really consider applying to Med Peds!!

If you are contemplating about taking a year off solely to increase chance of matching into internal medicine, that is not necessary. I did not and matched at my top choice and that was the same for many of my classmates. Ask for your letters early (4-8 weeks before). Two of my letters came on the day after the deadline and caused a lot of unnecessary anxiety had I not just asked earlier.

I know opinions vary on this however, I do think that your letter of intent matters a great deal. I was told by a program that I would be highly considered, as well as by both interviewers at the program. When we returned for a dinner they invited us to in January, they seemed to want to elicit confirmation that we'd go there. This program was #2 on my list, so I didn't send them a letter of intent, and they ultimately didn't rank me at all (found out from insider information). Just as a heads up!

Especially for Internal Medicine, most people are quite competitive applicants coming from UCSF

a high percentage of honors/AOA, letters of recommendation, and/or a significant research or extracurricular project will all improve your chances of getting interviews at top programs. I would encourage people to consider programs that they might not have due to location or UCSF not typically sending many students there. By the end of my interview season, my rank list looked dramatically different from the beginning, and I think it more closely reflected my own values/interests/priorities in a residency program. That said, no residency program will be perfect, so it is also important to determine what your highest priorities are (e.g. rigor of clinical training, location, proximity to support network, professional and mentorship opportunities, fellowship match) before comparing programs. Additionally, even if you are interested in hospital medicine, I'd recommend interviewing at primary care programs these often offer excellent general IM training and learning outpatient medicine is a completely different beast worth investing extra time in.

Applying into IM was a relatively relaxed process for me, as I felt sincerely wanted by residency programs in many places I would really liked. I kept track of the compliments from program directors and interviewers that felt true, and am using those to help build a narrative of the physician I am becoming. For those considering double applying, I would advise 1) avoiding it if you can, as it's a lot of extra work, and 2) remembering if you need the interview trail to help better understand yourself and which specialty you'd like to go to, that's totally okay. I did 5 interviews in a different specialty and know that I made the most intentional, informed decision I could.

If you get an interview with a program, you have a great shot at getting in. Prepare and do your homework, but don't stress out too much during the interviews. Programs want UCSF grads. Despite the enormously subjective nature of honoring, try to honor in your sub i and other clerkships since programs like UCSF may talk about holistic admissions but will rarely accept applicants who don't hit all the regressive superficial benchmarks.

I think Med Peds is a great option, and am incredibly excited with the program I ended up in. It is definitely less common at UCSF (and I have done a lot of research with family medicine mentors who don't understand this decision), but it felt right to me, and I was fortunate to find a very supportive group of Med Peds mentors who were excited to have me join their small community, and helped me trust and listen to my gut instinct. If you're considering Med Peds, seek out this community! Dual applying is extremely common and I would really recommend it if you have geographic or academic reasons for wanting to be in a particular place (in fact, at the program I matched, I also interviewed at their IM and IM primary care programs, and was upfront about this. I did NOT tell UCSF IM programs however, that I was applying Med Peds). Finally, if you are hoping to stay West Coast, you should know upfront that you are going to be facing some limited, tough choices, and may not be able to find your "perfect fit" that other specialties talk about. By talking to UCSF alums and faculty, I learned I wasn't alone in this situation, and was able to hear from different perspectives (those who gave up Med Peds to stay at UCSF, and those who made the difficult decision to leave). I realized this early on, but didn't fully feel it until after match. I am really happy with the outcome, but be prepared to face some trade offs.

Med/Peds is an excellent specialty with a lot of opportunities ahead. There are many Med/Peds faculty at UCSF that are friendly and happy to talk about their institutions. I encourage you to be very open about location to at least see the variety of Med/Peds programs around the country

you may be surprised at how different they are and even if you don't go to that institution, it may inform that type of career you hope to have.