

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

**Specialty: Internal medicine
Number of Survey Respondents = 65
2018(26%), 2019(28%), 2020(46%)**

<u>Match year</u>	<u>Match cohort</u>	<u>% total cohort</u>
2018	23	15.54 %
2019	29	18.13 %
2020	38	24.68 %

	<u>Mean</u>	<u>St Dev</u>
Step 1	239.48	16.09

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

Strongly Agree	16
Agree	5
Neutral	1
Disagree	5
Strongly Disagree	2
Not Applicable	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.

Most faculty members knew me professionally and not really personally My CMC coach probably knew me more personally, but I've never worked with him in an actual clinical rotation outside of CMC learning Bridges coach; mentor from community work

Bryn Boslett, my coach. She know me extremely well both personally (through working with me on CMC days) and professionally (observing me in patient care situations, also through CMC). She has been a wonderful mentor, and I'm lucky to have gotten to work with her.

Leigh Kimberg, PRIME US

Research mentor who I met as an MS1

My FPC small group facilitators as well as my research mentor knew me personally as well as professionally throughout my time at UCSF.

I worked closely with Dr. Lekshmi Santhosh who I selected as my SPAN advisor on the recommendation of a current fellow. We worked together over the course of my fourth year

Stephanie Rennke Coach and mentor Sarah Goglin Rheumatology mentor Anna Chang Support system and disability advocacy mentor Lee Jones Extraordinaire

Katherine Van Loon was my research mentor who guided me through my first research projects and was my attending on my hem/onc sub I but she also made sure I was doing okay throughout all 4 years and provided emotional support throughout. Shannon Fogh my CMC coach also knew me professionally as she helped train me in the beginning of my clinical skills and also helped me through tough times throughout all 4 years. My coach was the faculty member who knew me both personally and professionally. She was caring and interested in our personal and professional lives. She invited us to warm, inviting meals at her house. She gave me excellent career advice and also connected me with various other individuals when she wasn't able to provide the answers.

Daniel Lowenstein, research advisor and mentor

My coach! Through mentoring me for 4 years of medical school with my CMC group, my coach certainly knew me the best of any other faculty member. She had given me the most advice regarding my career and I was able to share with her and my CMC group my own quirks and jokes. This is not a relationship you can easily have with other attendings or faculty members who didn't have that longitudinal experience with you.

Andrea Marmor, CMC coach and mentor

My research mentor from time at JMP

Eddie Cruz: CMC Advisor

The absence of having someone in this role has been one of my greatest disappointments of medical school.

Tenessa MacKenzie, CMC coach Sam Brondfield, during 3rd & 4th year while working on a meded project Dr. Rebecca Sudore, Internal Medicine/Geriatrics & Palliative Care. She has been my primary mentor (met her before medical school as her research coordinator).

Because of the evaluation system in place for 3rd and 4th year students, I never really felt comfortable opening up to faculty members about my personal life (primarily because I didn't really ever get to directly work with faculty members who made me feel comfortable as being out as an LGBT professional, even though I do realize and have observed how welcoming UCSF is towards the LGBT community this was one of the primary reasons I wanted to study medicine here). However, I did put in my best effort for faculty to get to know me professionally throughout my rotations.

Maria Wamsley longitudinal medicine preceptor (for PISCES; mentor relationship continued after MS3 year)

Megha Garg research mentor from MS1 through Deep Explore Larissa Thomas CMC coach

CMC Coach Dr. Marlene Grenon Inquiry Adviser and 3rd year medicine clerkship attending Dr. Kirsten Kangelaris.

My MS3 medicine attending who became my family medicine attending, SPAN clerkship mentor, and I also worked with him on his podcast. He became a close friend, mentor and role model. He also wrote me a letter of recommendation for residency.

Two come to mind: my advisory college mentor and my third year medicine attending, who ultimately became one of my letter writers. Both were relationships I had to cultivate by seeking them out, going to office hours, and emailing life updates

Bridges coach

coach: Jen Kerns

Dr. Margaret Wheeler was a standout small group leader in FS in F2 and on site MS3 medicine clerkship director. She knew me as a student in small group sessions clinically and on didactics. Dr. Larissa Thomas was my CMC coach who helped me to grow my professional identity through CMC but also mentored, encouraged, and checked in with me one on one throughout the second half of medical school. I would also give huge shout outs to the following JMP faculty: Dr. Coco Auerswald, who has been a stalwart research mentor (guiding my research process as a faculty advocate and connecting me with my PI) and personal mentor (who introduced me to my current husband/classmate!); Dr. John Balmes, who again was a huge research advocate for me; and Dr. John Swartzberg, my clinical skills coach for 2 years, who gave me so much encouragement, a love of infectious diseases and patient care.

How many categorical programs did you apply to?

<= 10	4
11 – 20	13
21 – 30	8
30 +	5

Did you apply to any advanced programs?

Yes	0
No	30

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	0
6 – 10	18
11 – 20	46
21+	4

How many interviews in your specialty did you accept?

<= 5	1
6 – 10	26
11 – 20	36
21+	2

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

Yes 58
No 7

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

Yes 35
No 30

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

Deans	1
Faculty	1
Residents/Fellows	2
Outside mentor	1
Family	4
Friends	2
Partner	4

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

Yes 7
No 58

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

None

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.

301 - 500	4
501 - 1000	7
1001 - 2000	27
2001 - 3000	18
3001 - 4000	7
5000+	2

Were you involved in a research project in your specialty?

Yes 53
No 12

Did you do any away rotation(s)?

Yes 4
No 61

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

Cedars Sinai

Infectious Disease, Hôpital Saint-Louis, Paris, France

Northern Navajo Medical Center, Indian Health Services (internal medicine) (note: rotation was after interview season)

Do you have any publications since starting medical school?

Yes 45
No 20

How many publications do you have?

<= 5	37
6 – 10	5
11 – 20	3

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

Yes 14
No 16

How many specialty publications do you have?

<= 5	12
6 – 10	1
1+	0

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

Cindy Lai (27)

I found nobody to be effective.

Gurpreet Dhaliwal (21)

Dr. Larissa Thomas

Dr. Margaret Wheeler

Dr. Gurpreet Dhaliwal was amazing. The best informed of the people I spoke with, timely in his responses, and thoughtful throughout the process. All the advice he gave me served me really well in the end, and he made a big difference in my application process.

near peer mentors

Peter Ganz

Dr. Margaret Wheeler (7)

my research mentor

I actually liked meeting with two advisors. Dr. Lai seemed a little discouraging throughout third year up until I was applying because of my low step score. This made me feel pretty discouraged going into the application process, but she also made me feel like I needed to work harder to improve my application on my clinical grades and do better on step 2, which I think definitely benefitted me. I also think I am the kind of person who wants to hear the harshest, worst case scenario going in (made me have a lot of backups!). I also met with Dr. Dhaliwal while making my program list before submitting ERAS. He was much more encouraging and also gave me some helpful "statistics" on how students like me typically match. I have heard that he gave some friends some advice which turned out to be too optimistic, however. I would really recommend meeting with both of them to get different perspectives on how to best prepare your application.

Leigh Kimberg

Karen Hauer (2)

The most helpful advice I received for residency applications came from peers, specifically a handful of people who had applied to my specialty the prior year. The official school designated career advisor who I worked with seemed to have very limited familiarity with programs outside of California and literally had never heard of several of the programs I ended up applying to.

Binh An Phan

Mark Anderson

Lekshmi Santhosh

Dr. Sharpe

Lynnea Mills

What were your most useful career resources?

OCPD for preparing my CV and ERAS application, speaking to mentors and residents I knew

Reddit IM interview spreadsheet

Talking with my letter of rec writers was also very helpful for determining programs to apply to.

Reddit interview spreadsheet, post match survey

Reddit

Reddit had a spreadsheet for the specialty that was the most useful.

The best resource for me was talking to folks who have gone through the residency application process in the last few years, especially folks who came from UCSF, and picking their brains about the process. I usually tried to reach out to contacts at programs I was interested in who had also gone to UCSF just to get their perspective. Also used the following: Doximity residency navigator useful just to get a birds eye view of what programs are out there Reddit IM residency application spreadsheet kind of overwhelming, but less intense than SDN

seemed to be a valuable resource for people who like to have access to lots of data about interviews, interview dates, etc.

post match lists

Program websites, FREIDA, Doximity, SDN, Reddit, UCSF Post Match surveys

Doximity and respective program websites

Doximity

Online spreadsheets for my specialty

FREIDA, Doximity, Bridges coach

Past UCSF MS4 evaluations, near peers (current interns), faculty mentors I knew and trusted

Nothing specific.

Post Match surveys Doximity to look at programs (take it with a grain of salt) Career advisors, especially the confidential advisors (shoutout to Haber!)

Doximity program rankings

doximity, near peer mentors

Not really

The Internal Medicine Residency meetings were very helpful (tips for applying, tips on interviewing, etc)

Advice from fellows.

First, meeting with my career advisor was extremely helpful so that I could understand the level of programs and how many I should be applying to. Doximity was a great tool for identifying programs in my specialty by area. The individual school websites were great before interviews to learn more specifics about the program. The dinners before the interviews were great in helping me for interview days the next day.

Talking to Hospitalist attending at UCSF Parnassus campus as well as talking to past IM applicants from UCSF who are current residents at UCSF. For couples match, meet with Dean Jones. He is the best!!

Cindy Lai: helped me decide where to apply, wrote my dept letter, and checked in with me during interview season. Residents from my medicine sub I: reviewed my personal statement, offered their impressions of other programs. Department of medicine advice panels for IM applicants.

Doximity, mock interviews, having people read your personal statement, post match data

previous match lists. program websites

previous post match surveys

Talking with interns, residents, fellows and attendings

FREIDA (AMA) Doximity

Doximity, SDN IM interview thread

Near peers were most important. Also fellow applicants encountered on the trail (esp from schools at the place I was applying). Discord/IM master google doc was frequently anxiety inducing and occasionally helpful.

advisor, peers

no

These post match reports were helpful. Talking with other students ahead of me, which I wished I had done earlier in the process.

Goop was really useful throughout the process (application prep, deciding where to apply/interview etc). Aside from that UCSF career center with mock interviews was actually useful to just get in the mindset of prepping for interviews.

NA

The people who help review CVs (career counselors?).

There exist national excel worksheets where students enter information for each program, such as when people start receiving interview offers, what they were like, what questions they ask, and whether they ended up following up with students. This gave real time information that was good in a way, but also was extremely anxiety inducing. Imagine seeing that people throughout the country had started receiving interview requests and you hadn't, or that a program had reached out to say "We LOVE you!" to another student? VERY sketchy.

Dr. Heather Whelan My CMC Coach Confidential specialty advisers for various specialties I was considering (Ophtho, ENT) Non confidential specialty advisers I met and spoke with (Pediatrics, EM, neurology) OCPD for resume and application review

Meeting with my advisor individually was helpful.

Doximity.

connect with career advisors and keep them updated throughout the interview process

Find a career advisor who is going to be honest about your chances. Dr. Dhaliwal was very upfront and straightforward with me, and I found that very helpful and gave me confidence in my application.

Recent grads

Dr. Heather Whelan was incredibly helpful as a key resource. Dr. Brad Sharpe also gave terrific feedback on my CV.

a variety of mentors that I already had within internal medicine

the structured advising systems werent particularly helpful because it felt fairly generic and not tailored to who I was and what I had on my CV and ended up being more frustrating

no

Doximity, SDN, internal med interviews google doc

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

I would have consulted more about my match list with my specialty advisor but I felt a little awkward about it given that I was ranking UCSF. I still feel confused about what you are and aren't "supposed to" tell the non confidential career advisors.

Would not change.

Apply to fewer "safety" programs and not stress out so much about matching

Go on only 8 interviews

I might have cancelled my last 2 interviews (I did 12), but those last 2 did give me more peace of mind. I would have emailed program directors to ask for an interview earlier. I did this for 3 programs and got an interview for 1 out of 3. I emailed after the 3rd round of invites had gone out (which I could tell from the reddit spreadsheet). Going back I would have emailed after the first round of invites went out. I definitely do not recommend doing this for every program do it for the programs where you have a specific location interest that is not otherwise obvious from your application (i.e. significant other wants to move to Portland to be near family). This shows the program that you are not just applying there to increase your chances like every other UCSF applicant.

Write multiple personal statements for different programs depending on the type of applicants they are looking for

I would have followed up more with the program I cared most about, and made sure that when people said they would advocate for me that it actually happened.

I combed through post match reports from prior years, and time and time again students remarked how they wish they had been more proactive about reaching out to programs to secure interviews, etc. There was a meeting for IM applicants with the UCSF IM advising leadership, and I feel like the take away from that meeting was sort of a mixed message that erred on the side of not encouraging students to reach out to PDs directly. I took that advice and was a bit hesitant to reach out to PDs on my own, and I think that may have been a mistake. Even if you are flat out rejected by a program (i.e. the programs like UW that notify all applicants on a single day if they are invited to interview or not), I would say it can't hurt to email the PD (cc the admin person) and convey your interest in the program if you are in fact interested and would consider going there! Sure, if we are talking about you #1 program here, it probably makes sense to get your UCSF advisor involved (the logic being that an email/call from him or her will pack more of a punch than your email), but in my limited experience student emails to PDs yield interviews most of the time. Another thought: going into this process, I was really certain that I wanted to prioritize staying in the Bay Area, so I applied to a lot of community programs in the bay in addition to the more traditionally academic programs. As I went through the interview seasons, my thinking (and the conversation with my partner) evolved and it turned out I was more interested in staying in an academic environment than I thought it was totally fine because I had applied to a bunch of other programs on the west coast and even a few further afield, but there was a moment when I wished I had applied more broadly. Of course, applying broadly has its own limitations and I think going on more than 10-15 interviews is probably not advisable (and some people are happy with way fewer!), but just something to consider your thinking can evolve throughout this process!

Nothing. I would have applied to the same number of programs and gone on the same number of interviews. The advisors really know what they're talking about, so trust them on the numbers (applications, interviews) that you need. There's always a balance between being "safe" with numbers and seeing as much as you want to see which is a personal decision. Keep in mind that you'll be tired at the end!! I don't think the timing of interviews matters too much (eg you don't need to go on your favorite interview in a specific month) but it can help to have a couple "practice" interviews. I liked being done before January, personally. I got to spend Christmas with family without the stress of more interviews!

Honor 3rd year medicine clerkship if applying to medicine, get AOA.

Have a more clear/cohesive long term plan of what I would want to do with my career to discuss on interviews, even if it was not truly an accurate representation of what I want at this time.

Nothing.

Realize that interviews do not come out in September. Try not to become obsessive about waiting for interviews.

Going into the residency process, I was nervous about couples matching and unsure of where we wanted to be geographically. I applied very broadly and very widely, perhaps more than I would have if I'd been matching alone. As it turns out, my thoughts on what I wanted in a residency program (close to family, academic program, strong culture, underserved population) shifted and crystallized during the application process as I continued talking with my partner. In a nutshell, I'm so glad that I did apply broadly, but I would have applied to fewer programs in regions that I knew I didn't want to go to and my partner was more reluctant to go to, even if the program was strong (because the interview day didn't change the fact that I wanted to be close to family/friends and my partner wouldn't be as happy), whereas I was more open to being in a new place when I started applying. I could have told my nervous self this, of course, and I would have probably done the exact same thing, but I could have saved myself a lot of time and money had I done so.

I would try harder not to let other 4th year students make me feel stressed about the process! I applied to relatively few programs and went on relatively few interviews and still matched at my top choice.

Probably interview at 1 or 2 less programs. Otherwise, I'm happy with how it went.

If I had known where I stood in terms of competitiveness, I could have applied in a more focused manner (fewer programs). However, I think it's difficult to realistically gauge your competitiveness.

apply to less programs & attend less interviews

Apply to less programs

None

Be more aggressive with writing letters to schools I did not receive an interview from.

I would have sent my close circle my personal statement earlier on. The people that knew me the best in medical school (my coach and research mentor) gave me the best advice on how my personal statement represented me as a person. I waited until the last minute to do this and would have done this much sooner.

I would ask for recommendation letters early. Take your pre interview email from programs where you fill out the survey asking the preferred choice of speciality more seriously. Being matched with interviewer with similar interests can go a long way.

I would've reached out earlier to programs regarding: 1) request for interview if no word back by mid late October 2) telling my #1 I was ranking them 1 And I would have played my UCSF faculty advocate card as in have Cindy/Goop/Margaret Wheeler/random mentor with connection to program X reach out on your behalf to request interview, and/or to state your interest in ranking that program #1 if you have already interviewed.

Doing more rotations on medicine electives to work with more attendings in the department/get to know people who might be able to advocate for you if you want to stay at UCSF. I only did a medicine sub I and one other elective so wasn't as well connected with the medicine department as others in the class.

I wish we had advocated for my partner in the couples match at our number one institution earlier. He initially was rejected for an interview, but we were able to get him one thanks to push from both our institutions. I wonder if we had advocated earlier and more often for ourselves at that one institution if we would have ended up there. But we matched at our #2 and are really happy!

Easier said in hindsight, but I would have applied to fewer programs. The way I could have accomplished this was by focusing on programs that UCSF students have gone to in previous years. It is difficult to wrap your head around this unless you are super confident about your application, but the UCSF reputation carries a significant and favorable weight and most of my classmates applying in IM were successful in getting their top choices. Ultimately, should applying to more programs give you peace of mind, go for it! I selected my programs haphazardly: based on the programs I knew existed in the cities I was considering. I wish, however, that I had actually looked at a list of programs more systematically. I would've used the UCSF HOST program since the very beginning to save money on interviews.

emailing programs can help with varying usefulness in getting additional interviews

apply to some programs I had overlooked because I hadn't done enough thorough research (e.g. University of Colorado Denver), and apply to those instead of others

From a money perspective, probably apply to fewer programs, as I withdrew from several programs' interviews. However when I applied, my priorities for what I was looking for in a residency program didn't really solidify yet, and I didn't have geographical restraints. So I felt I needed to explore more programs and locations to get a better sense of what's out there and what's important for me. That being said I do not regret going on the number of interviews that I did (even though it was probably more than average for my specialty and more than what my adviser had suggested), and appreciated getting to know the different programs and seeing different parts of the country.

I applied to many IM categorical programs and both primary care and categorical at 6 schools. I didn't fully appreciate how those additional interviews at the same schools would feel like a whole nother day (3 5 interviews, tours, social dinners, etc). That meant I ended up doing ~20 interviews but at only 11 schools (some had two primary care interviews on the same day).

have more meetings with career advisor to determine rank list after the interview process

Realizing the power of self advocacy earlier. I found that persistence in contacting programs with genuine and well thought out descriptions of why the program and I would be good fits for each other ended up getting me several interview invites that I had been pining for.

I dont think I would have done anything differently in the residency application process. I interviewed at 10 programs, mostly in California. I think deciding on your location is key it can save you a lot of money in the long run. There are many good programs in various parts of the country

ultimately knowing where you would like to be in the next 3 years is the most important, whether that is sticking close to family or adventuring out to a new place youve always wanted to live. I felt pretty comfortable in the interviews I think students often stress out a lot about this but I did feel that overall it was just a chance to see the program and get to know the PD and what the program is about. I think having a view of what is most important to you for residency (whether its research opportunities, fellowship match, teaching opportunities etc) and letting that frame questions you ask systematically at each interview can help you to best compare across programs when it comes time to ranking them.

Apply to/interview at fewer programs

Reach out to more programs where I didn't get interviews expressing my interest (whenever I did this I did get additional interviews and could have done it more)

Realize how important STEP1 scores are to getting residency interviews.

ACGME should be stricter with ensuring that programs don't reach out to students because it results in so much anxiety if you weren't reached out to. Internal Medicine does a great job at this, but surgery especially is notorious for doing this. That said, if there could be a way to develop early decision programs so that some people who have one specific place in mind, may be able to get early decisions and then not have to interview at tons of other places. For me, for example, I interviewed at Cedars Sinai first, right after a Sub I, then spent the next two months flying around the country spending time/money and taking up interview spots, I placed Cedars first on my list, and I matched there. It just seems very wasteful to not have an option for early decision so more interviews could be available at other places I interviewed.

I would have tried to have taken step 2ck earlier in the process.

Not much 0 probably should have bought my plane tickets earlier.

Start thinking about letters of recommendation earlier. Try to have an active ongoing research project or something else academic and in progress so that I could talk about it during interviews.

Since I was applying to both categorical and primary care programs, I had twice as many interviews and I was completely exhausted by the last few interviews. If done differently, I would have decreased the number of programs that I interviewed with.

Push harder to get my first author publication in press before sending out applications.

Go to less interviews!

Nothing

I probably didn't need to do so many interviews, but I enjoyed everywhere I went and they were all good practice for my top choice programs, which came toward the end of the interview season.

I would have participated in more activities in the first couple of years of medical school. I wish I had done my medicine rotation later on in the process to have had more experience in clinical rotations as opposed to it being my first rotation, though it did help me discover my interest in the specialty early on.

If I hadn't been couples matching, I would have certainly interviewed at fewer places. It can be quite expensive and becomes tiring after a while. I would try to enjoy the places you go, however, since it is something of a unique opportunity to be able to travel around the country. Also, I benefited greatly from speaking with UCSF alumni at different programs, since they were most likely to understand the differences between UCSF and their current program.

without grades, it feels like everything will be improved

Step scores do matter, but self advocacy was hands down the most important and effective thing you could do for yourself email those programs you care about, dont wait too late to do it (do so after the program sends out a first round of interview invites at the earliest) and just make sure that you sell yourself because nobody else will do the work for you if you dont. Having letters writers and other mentors advocate for you at specific programs if they have connections there was also helpful.

none, maybe interview less places

Apply and interview at less programs

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

I would make sure to form a relationship with the confidential advisors for your specialty even if you don't think you need them or at least another faculty/advisor figure, so you have someone to reach out to besides your formal advisor.

Apply to the minimum number of programs you can get away with and still feel you can safely match (speak to multiple career advisors to get a sense of how many that would be).

I felt that some of the advice from the career advisors was outdated IM is becoming more competitive and I therefore didnt get as many interviews at "top" programs as I was told I would. I would try to speak to as many people as possible who have gone through the process while also remembering that your application is different

from theirs. I am glad I did not let preconceived notions guide where I applied to because I was surprised by how much I liked some programs that I knew less about going into the process (or had less favorable reputations because of location) and was also turned off by some programs that I thought I would like. I didn't have a good sense of my competitiveness and had a feeling that my interviews were limited because I did not honor my third year IM clerkship. However, I was pleasantly surprised to match to one of my top choices and think that the UCSF name did in part make up for my academic shortcomings. I also found that it is difficult to distinguish yourself in a large pool of applicants and therefore would try to think about unique ways to portray yourself in your application. Most of the interviewees at "top" academic programs have done research and I would be prepared to talk about your research during interviews. I based many of the programs I applied to on where students from UCSF ended up in past years. However, I was not constrained to staying in CA and I wish that I had thought more carefully about which community programs to apply to, as I ended up wasting money applying to programs I probably would not have gone to anyway.

Trust Cindy Lai's recommendation regarding the number of programs you should apply to.

Apply to a broader range of programs, but accept fewer interviews

Be a squeaky wheel. UCSF often tells you that the name will carry you and not to worry this was not my experience. Apply broadly to top/mid/low tier programs. Interview as many places as possible.

Try to enjoy the process. Use traveling as an excuse to visit friends and family. One last sartorial tip from someone who used to wear a suit every day: you don't need to dry clean your suit that often unless it is really dirty take it to the dry cleaner and ask for it to be pressed/steamed only more affordable (~\$10), keeps things looking crisp, and is less harsh on the fabric so suit will last longer. Keep suit jackets/pants/shirts in separate plastic that they come back from the cleaners in, and put that in an inexpensive garment bag you can carry it on the plane or pack it in a suitcase and it will not get wrinkled thanks to the plastic. Works like a charm.

Just to echo what has been previously said by many others, emailing programs that have not yet offered an interview to express your interest can help one program director responded to my email and directly offered an interview. Also, I highly recommend taking notes throughout the process, particularly on the specifics that are important to you and your general impression of each program. I found by the end of interview season that most of the programs blurred together and I remembered very little about each interview day.

Touch base with advisors frequently, specifically and respectfully they're happy to help

Apply broadly, especially if you did not honor 3rd year clerkship.

Meet with departmental advisors early. Don't overapply or underapply to programs. Most important contributing factors for the Medicine match are clerkship grades. Try to make your application cohesive (with long term goal/plan for what you want to do with your career) as this is what people will ask on interviews.

Right now some programs heavily favor/screen students who honor in 3rd year clerkships unsure how the pass/fail will affect how residency programs view applicants.

Almost ALL interviews are given out in October, so don't stress for all the days in September when you don't hear anything, and don't expect to hear much after October unless you specifically reach out. One of my interview invites got stuck in my ERAS account and did not get forwarded to my email. Would recommend checking your ERAS account at least weekly. Look for the Reddit spreadsheet that shows when interviews come out for each school so that you can know if a school has released interviews, but I found it helpful to avoid talking to my peers about which interviews I had gotten until later in the process when we all had a substantial amount. Try not to become obsessive. Forward emails with the word "interview" in the title or the email body to text message your phone.

Get lots of different perspectives from recent graduates, interns/residents, and don't be afraid to ask for advice from multiple career advisors as sometimes they provide different information

Remember to talk to trusted faculty and peers. Don't be shy about reaching out, even to residents and faculty you might have worked with a few times, if you have a specific question. Give people plenty of time to answer your questions! Ask people honestly for their thoughts. And remember that no one has all the answers even the people who know you best will likely over/under estimate your chances at different programs. And have a mix of programs aim for the ones you'd be really happy at and also a solid mix of programs that (with your faculty advisor/trusted mentors) you know would be good options for you personally and where you want to go, or at least places where you can explore who you want to be as you grow up. Interviews: sometimes it's ok to skip a pre interview dinner as the season gets long if you means you get to grab dinner with a friend you haven't seen in a while or just take a nap. Your perception of a place can really change based on how hungry or tired you were or how hard the travel was, so take care of yourself and jot down thoughts or debrief with a friend/partner afterward so you can remember important points. Also, interview days are more fun than you think! You get to talk to interesting people and meet people with similar interests all over the country. If you really click with a program or faculty at a certain program, pay attention! It may be a good indicator for where you'd thrive. If you have a partner: if at all possible, try to travel with your partner to new cities you're potentially interested in or at least talk with your partner throughout the process. Their happiness and ability to adjust to a new place will likely intimately affect yours.

I found it difficult to quantify how many programs I applied to and interviewed with given that a number of schools had primary care tracks to which I also applied. Some of these tracks had separate NRMP codes, some didn't. Some had separate interview days, some didn't. Dr. Dhaliwal said I could think of each program + primary care track as essentially 1.5 programs since there is some cross talk between primary care tracks and categorical, but there are some separate processes. This helped me greatly in determining how many interviews to attend and how many programs to list.

Apply broadly, and also consider community programs, some were quite impressive. Coming from UCSF does give you a step up, but don't simply rely on that. I'm more of an anxious person and tend to err more on the overapply spectrum but you definitely don't need to do that, especially for internal medicine. Aim for at least 12 interviews. If you haven't heard from a program you really like, reach out or have someone reach out on your behalf

20 programs is plenty for most people. My wife geographically restricted me to some areas where I had no past connection. I noticed there may have been some geographic bias for example programs in geographies I had no connection to seemed hesitant to extend interviews.

For IM in particular, your story and how you showcase your narrative will be a very important part of your application that you can still control. Clinical performance, yes, I think trumps most things on your application but if you can highlight what motivates you and are able to articulate that on interviews, it will go a long way!

Many community programs hesitate to offer interviews to MSTP students, so if these students are really interested in one of these community programs that student should reach out to them early on.

You probably can go on less interviews than you initially think.

Your step scores do not matter as much as you think, especially step 2CK. Utilize the alumni network for housing before interviews I stayed in some really nice places that were 10 minutes from my interview location. Ask fellows for advice if you are already considering a specific fellowship.

I thought the most helpful advice about programs I got was talking to former UCSF medical students who were residents at other programs. They were able to give me a great comparison of other programs vs the program I was most used to. Was also really great to meet with a career advisor early to answer questions about the process, start working on my personal statement early on. Also was very helpful to get a sense of the people at each of the programs and internalize what you want in a program to make sure those match.

In my opinion, things that matter for IM: Honors in third year and sub I, AOA, Deans letter, honors in other third year and fourth year rotations and step scores above >

235. Your particular research, QI project, global health project etc can add a dimension to your application that make certain programs better fit and programs like candidates who they think they can effectively support. Being able to talk about a project that you are passionate about and its relation to your future career interests goes a long way during interviews.

For people interested in potentially moving to another state this is just me psychologizing medicine programs: I think if you have done all of your training in California it can be hard to convince people that you are willing to move away. There were several programs (MGH, Hopkins, U Chicago, Duke) where I didn't get interviews and I suspect that at least part of the reason is that we don't match many students there. I somewhat regret not having the opportunity to rank these places and make my own decision about them. One thing I might have done differently is to at least partly tailor the personal statement (you can send different statements to different programs) to say something vague like "looking forward to broadening my horizons in a new setting", but less corny than that... I probably would've used my faculty advocate card as well eg have someone help you request an interview. The medicine clerkship directors tell you to start by emailing the program yourself, and I did this but it wasn't successful. I guess I would have sent my initial inquiry earlier to leave time for faculty advocacy. In my opinion, if you had the confidence to apply to a program in the first place, there's no shame in having the confidence to believe you deserve an interview.

MUST honor in medicine sub I in order to even have a chance at interview at "top" programs. Surprisingly palpable bias against California applicants from California, who are applying to east coast programs. Would definitely reach out to programs early to express interest or have advisors reach out on your behalf if you are actively trying to interview/match at more competitive east coast programs.

I do think AOA and honors in medicine (especially 3rd year clerkship) is really, really important. I'm not sure how that will change when there are no grades. I also think having an interesting research interest really set me apart and made people "curious" about me (feedback I heard from my interviewers). I had a really low step 1 score (207) and ended up interviewing everywhere I wanted because I had AOA, good clinical grades, and a fine step 2 score (245). So know that there are definitely things you can do to make up for your step score! Also it helped that I had good LORs, one from a very well known person at UCSF (many people mentioned his letter during my interviews) who actually knew me very well. Dean Jones is also an amazing resource for people who are couples matching. I recommend to meet with him at least in July before submitting ERAS and making your program list and when finalizing your rank list. I also had a few friends who did not receive interviews from their top program (or top few programs either). I would really suggest people to reach out to their advisors early in order to secure interview invites from these places. You won't get it if you don't ask! You need to advocate for yourself in this process. It doesn't hurt to ask, who cares if they reject you twice?!

I was self conscious about the success of my application given less than stellar board scores and little research. However, programs (at least in IM) are able to look past numbers and are interested in recruiting future interns who have a long standing demonstrated commitment to something (regardless of whether that is, research, community engagement, patient advocacy, medical education, etc). Don't sell yourself too short. I had some advisors essentially (and nicely) tell me I had no chances at top programs, several of which ended up granting me interviews and one of which I ended up matching at. If you wish to complete residency at a top academic institution of your liking, you have nothing to lose by applying!

Residency application advising at UCSF can be spotty

some advisors are known to consistently over estimate students competitiveness while others under estimate. I personally received a very pessimistic evaluation of my candidacy from my advisor and then interviewed/matched at my first choice program. Close friends had the opposite problem where their advisors told them they were a lock for certain interviews and it would be unnecessary to apply to so many programs but then they got very few interviews. In particular, beware advisors who reassure you that you'll get interviews simply because you're "coming from UCSF." Institution name/brand is not that powerful, and students here seem to have particularly heterogeneous outcomes in the match. Get a diversity of opinions on your application and use your near peer advisers liberally, who just went through the process and would be more than happy to help in any way!

know that grades really matter and honors during third year make a big difference for what types of programs will look at you

Having resident mentors/friends (especially in the field you're applying into) that you can honestly discuss your thoughts/hopes/fears with is super helpful!

Because IM is not the most competitive specialty, I felt there was certainly less stress associated with the residency applications and match. Of course, the most helpful was talking with a Career Advisor who you felt could really understand your unique strengths, weaknesses and guide your application choices.

For IM applicants: I felt like IM is very holistic in their review process, so don't stress about specific test scores or not having enough research experience. Be confident in your application and your abilities. For any student: Use HOST program by UCSF alumni: alumni across the country who host interviewees

I listened to the advice of others students and applied to fewer programs and did fewer interviews. I cleared this with my career advisors before doing it and ultimately only applied to 10 programs and did 8 interviews. I highly recommend this and I felt that I did the right amount of interviews thus saving money and time.

Many programs take much of October to vet apps before sending out interviews. It's tempting to schedule early Oct offers in early Nov, but if they're not your top choices, you may find yourself tired and with no open spots when your top choices come through. Definitely keep a suitcase with your "interview gear" together for the season. you can wear the same suit and pre interview clothes at each place (only the other applicants will know inside joke!), then wash and repack after each interview. Saves the mental bandwidth of having to pack each time. IM interviews are amazingly chill. In terms of "prep," just review some basics (who's the PD, who's the Chair, are there any specialties they're known for, how many main hospitals, X+Y or not). I got most of this from reviewing the website on the way into the interview. It's ok if you don't have all the answers, they'll usually cover it in the morning overview. Lastly, it helps to have a compelling reason (e.g. family) for why you'd even consider leaving UCSF (esp in the NE). Naturally a lot of programs assume UCSF will be your top choice (as it is for many!). Don't make something up, just think of something other than "it's a top program" for why you'd want to go there

for IM it can seem as though interviews will not carry a lot of weight but they ultimately do

If you are rejected by a program that you GENUINELY believe would be the best program for you and that you would almost certainly rank #1, it is still worth advocating for yourself with an email (or two) to the program/PD!

I wish I had known how important it was to honor Internal Medicine 3rd year clerkship. Im not sure how that will change with the new policy changes removing this grading system, but despite trying my best to overcome

that (i.e., working really hard and honoring all other rotations and sub I) it really felt like it was a part of my application that screened me out pretty early on. Definitely advocate for yourself on this and let your attendings know that you want to do Medicine and that you would like to do well.

I think it's much more important to have letters of rec from people who really know you than who are well known in their field

Do well on STEP, create a separate Gmail account for residency so that you can forward all messages to your text and be on top of residency interview offers Everyone matches

Be VERY thoughtful about when you take Step 1,2CS,2CK. I did very well on 1 and poorly on 2 CK, so I'm really glad that I took step 2ck a while after the application went in because I would've been very embarrassed if that was on my application.

I would advise to begin studying for Step 1 as you begin medical school begin to do practice questions consistently throughout your pre clinical years. I believe that this would have changed my entire experience as well as my residency options. I realize that it is challenging and costly (to purchase question banks etc) to begin preparation that far in advance, but for students who are not traditionally great at standardized tests, I do believe it will be rewarding to begin studying for USMLE exams as early as possible.

I would say: dont trust your advisors. Despite years of experience, they consistently make big mistakes when predicting your competitiveness... in both directions. I would recommend applying to any program you could conceivably, by any stretch of the imagination, be given an interview for and would go to. The additional cost of applying to more competitive programs and safety schools is so marginal that it is definitely worth what little cash it costs. Also, apply to safety schools. Just remember neither you nor your advisor really know whats going on... at all.

The career advisors are incredibly helpful in terms of their connections and insight, but nobody will advocate for you more than you yourself can. If you are disappointed to not get an interview, reach out and reconnect with the program or ask an advisor for help (as long as you wait until the right point in the process to ask). And dont count on the school sending you reminders about all the steps and deadlines that are part of the application and ranking process.

have an advisor gauge your chances at various programs and apply to more programs than you want to interview because some programs wont accept applications at a later date

Go on second looks, they were very helpful in the decision process because you get to talk with more residents and see the program again without the stress of interviewing. As an UIM student, I also reached out to residents who I identified with and they provided me with a very real and honest opinion of their experience in the program.

If you are not good at interviewing, there are lists of questions floating online that you can prepare answers for. Definitely know the answer to "where do you see yourself in 10 years" and "why this program?". Going on more interviews helps with practice, but obviously will get expensive, so practicing with a peer may be a good idea. Try your best to set aside 2 months of vacation for interviews it allows you more flexibility to be able to group interviews geographically.

Build relationships in your 3rd and early 4th year that you can draw on during the application process

Work with Dr. Heather Whelan to craft a good 4th year schedule to maximize success on your medicine Sub Is then have additional clinical rotations prior to submitting applications (in case you don't honor the sub I, you have additional 4th year grades to submit). Also work with Dr. Lai and Dr. Dhaliwal to craft a realistic list of

programs to apply to you probably don't need more than 20. For interviews, the west coast programs tend to offer dates early in the interview season (late October/early November) before the East Coast programs do. I'd take advantage of that to get the West Coast out of the way. Then schedule 1-2 "anchor" interviews on the east coast with at least two weeks between them (if 2). That way you can add other interviews around them so you do no more than 2 cross country trips. I found this very effective and turned down time into mini vacations (e.g. after UW spent the weekend in an Airbnb out on Lake Chelan).

Don't sweat interview day too much and whether everything goes perfectly, whether you love your co-applicants, and all those things because at the end of the day you have to have a sense of what will make you happiest and that very often is not captured very well in one day (not that I think second looks are all that helpful either). Spend more time figuring out what your priorities are and what you're looking for and that will help more when you need to rank programs. I found it helpful to create a real time rank list instead of waiting until weeks after interviews were done because you will inevitably forget what you thought of each program as time goes on. It made actual rank list submission less stressful because I had put in the care thought earlier when the information was fresh in my mind.

Find UCSF alumni at each program prior to interviewing to get their perspective on how that program compares to UCSF. Get a travel rewards credit card.