

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

Specialty: Obstetrics & Gynecology
Number of Survey Respondents = 23
2018(30%), 2019(26%), 2020(44%)

Match year	Match cohort	% total cohort
2018	8	5.41 %
2019	9	5.63 %
2020	10	6.49 %

	Mean	St Dev
Step 1	232.52	18.06

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

Strongly Agree	7
Agree	1
Disagree	2
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.

Lee Jones advised on some personal issues and helped with residency selection

PISCES preceptors in many different specialties including pediatrics, IM, neurology, and psychology. These preceptors took time to ask about my personal aspirations in addition to help me develop as a future physician

CMC coach

I had many incredible mentors throughout my medical school journey: Dr. James Smith was a research and clinical mentor to me since the beginning. He introduced me to the world of surgery and reproductive health in a way I was not expecting: surgeons can be caring and empathetic. He allowed me to be independent in my research and grow as a scientist in the process. Even though I ultimately didn't match in urology, he has continued to be an incredible source of support. Dr. Erika Price was my coach, and provided incredible advice and support when I struggled during third year. We've continued to check in consistently and she really helped me deal with my mental health in the process. Dr. Gurpreet Dhaliwal was one of the first clinical preceptor I had during third year who made me feel like a doctor. Not only did he help me take my knowledge to the next level of medical practice, he provided incredible support while I was undergoing some difficult personal and family issues. Many more but those 3 were key in my ultimate success.

Foundations of Patient Care professor Abbi Philips. She helped me work on case presentations and notes outside of class hours. She helped console me after a break up. She helped me talk through my plan to take a year off to get my MPH and how to transition back into being a medical student. She helped me talk through my rank list.

Specialty advisors and medicine attendings

My CMC coach knew me professionally but I did confide in them a lot about my personal life to help navigate my professional identity.

My research mentors, a senior member of the Ob Gyn clinical faculty and a researcher in Ob Gyn, know me very well. They have provided feedback to help me grow throughout my research year and beyond. ;

How many categorical programs did you apply to?

<= 10	1
11 – 20	1
21 – 30	2
30 +	6

Did you apply to any advanced programs?

Yes	0
No	10

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	4
11 – 20	15
21+	4

How many interviews in your specialty did you accept?

<= 5	0
6 – 10	6
11 – 20	16
21+	1

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

Yes 22
No 1

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

Yes 18
No 5

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

Deans,Residents 1
Faculty 1
No one 1

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 22

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.

501 - 1000 3
1001 - 2000 2
2001 - 3000 8
3001 - 4000 6
4000 - 5000 4

Were you involved in a research project in your specialty?

Yes 18
No 5

Did you do any away rotation(s)?

Yes 9
No 14

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

Contra Costa family medicine (2)
Highland EM
Indian Health Services, Shiprock NM, Ob/Gyn
Kaiser Oakland CIPA mexico city
Kaiser SF
Northwestern OB/Gyn
Stanford Minimally Invasive Gynecologic Surgery
Stanford, Ob/Gyn

Do you have any publications since starting medical school?

Yes 14
No 9

How many publications do you have?

<= 5	8
6 – 10	1
11 – 20	0
21+	0

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

Yes 3
No 7

How many specialty publications do you have?

1 3

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

Jeanette Lager (20)

Beth Wilson

Julie Lindow

Dr. Autry

Naomi Stotland (4)

Dr. Lager and Dr. Stotland were amazing in helping me navigate the Ob/Gyn application process when I fell in love with it so late in the game. I was originally going to apply in urology and did my obgyn rotation last during third year. Dr. Greene (urologist) suggested that I double apply, was incredibly supportive in helping me with this trajectory. I ultimately decided that obgyn was my field. Dr. Kobashi (career advisor) and Dr. Price (coach) also provided wonderful support through the years.

Dr. R Jackson

What were your most useful career resources?

Residents

JULIE LINDOW!! DEAN JONES!! Also if you are interested in a specific fellowship/subspecialty, I highly recommend finding a mentor in that specialty. Some programs are weaker/stronger in certain sub specialties. Dr. L and Dr. S are a great resource but were often too busy to provide individualized attention.

Obgyn Martch dinner with students who had just gone through the application process

Friends at other medical schools, AAMC surveys

Ob gyn meetings both in groups and with individual advisors/program director/chair

Post match report, ob/gyn dinner and advising events, graduated students

Julie Lindow & career advisors, UCSF career office for resume and interviews

The residency spreadsheets (find them on reddit or google) are essential to get a sense of where you stand but take everything with a grain of salt (I did not have the best step scores but was successful with the match). I don't think the online resources like Doximity or MatchaResident were particularly useful.

The annual obgyn dinners. They do an amazing job introducing you to the specialty, helping you network in the department and Bay Area, setting up research opportunities in the various research groups within the department. And then the advising regarding residency applications and the Match is fantastic. We knew exactly what was going into our chair letter it was extremely transparent.

Departmental advising materials/informational dinners, APGO website/residency directory

APGO

Doximity, freida, friends

Match information from prior years

OBGYN Residency Spreadsheet on reddit

Doximity residency navigator, APGO residency directory, FREIDA. All the resources provided by the UCSF Ob/Gyn department (Julie Lindow was main contact person), including post match Ob/Gyn dinner (VERY HELPFUL!). Google spreadsheet that was circulated amongst all Ob/Gyn applicants regarding the application process

Peers in the year ahead of me!

Doximity for program ranking and general info, SDN for application advice, the OCPD resume workshop too

AAMC Careers in Medicine

Freida, doximity

Interest groups and dinners hosted by specialty.

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

Interview at fewer places

Advocate for myself early on. If you are VERY interested in a certain place, you should let them know even BEFORE they send interview invites. Because once the invites are out (and if you dont get one) there is very little you could do at that point :/ Use your contacts and resources. No harm in asking someone if they will call a program on your behalf. If they say no, you lost nothing! Follow up with your letter writers q2 weeks to make sure they get that letter in!!! They will wait until the last minute and give you a heart attack! Or ask Dr. Lager to follow up with them and give them a nudge! I also would apply to less programs (but this is a double edged sword). Would I be saying this if I didnt get my top choice?? If you are not sure that you are a strong applicant, better play it safe.

Devote time to think about my "story" and develop a clear and concise way to present it before interviews. Get comfortable "bragging" and highlighting aspects of your CV

Start making decisions early about what your priorities are for residency programs (large vs. small, near family, specific subspecialty exposure, research opportunities, etc.) Dont wait until after youve done all your interviews to start making those foundational decisions. Take notes during interviews! Especially about the call schedule and if the program wants to hear from you after interviews... these details are not online or in your packets and you will forget! Make time to do fun things in each new city treat yourself to a nice meal, see an old friend, explore a cool neighborhood. Youre considering a big move, plus it makes the whole process more enjoyable.

Finish rank list a bit earlier and let it sit longer as "finalized" to see how it feels.

Apply to fewer programs, contact the programs that you are interested

Trust in the process!

Loaded question. I wish we had taken the step exams earlier so that I'd know where I stood competitively earlier in the game. I would've applied more broadly (I only applied to programs in large, liberal cities), but because I was double applying I applied to a total of 100+ programs. Double applying was very stressful and while I don't recommend it, it is certainly doable

however, keep in mind you'll be spreading yourself thin and ultimately make each application weaker (I did 2 sub I's in each specialty, when I could've done 4 in just one to strengthen my application in one).

We were pressured quite early in the Match season to email our #1 program and let them know. I felt like it was too early to make a rank list and I wasn't ready but that I needed to commit to one because of the pressure I was getting from advisors.

In retrospect, I would probably apply to fewer programs and spend more time thinking about my priorities before submitting applications through ERAS. I'd also recommend advocating for yourself early on (before interview rejections are sent or if you are on a waitlist) for any top choice programs.

I would reach out to programs and faculty members much earlier. At other top medical schools, advisors and home PDs will cold contact residency programs and advocate for you to receive an interview. This is not the case at UCSF the advisors here will only contact their alumni programs or PDs that they know personally. Dr. Autry does not contact anyone on your behalf. If you are very interested in a program, you need to either find a faculty member at UCSF who has some connections there, or email them yourself. Don't wait until interviews have already been handed out! Write (a few, sincere) LOI at the start of the application process.

Review my list of programs earlier, look at student doctor network to know when interviews went out

Get my flights earlier and try to coordinate more with programs to avoid going to the east coast 3 separate times. I would also try and reach out to former UCSF students at different programs to get their inside scoop as they can best compare to UCSF, which is all we know as students. Some programs had people who had gone to UCSF but I didn't reach out to them.

Apply to less programs. If I knew I wanted to stay in my home program earlier, would have made more relationships with current residents. Make sure you honor your OBGYN sub i. I did but only because I had good relationships with attendings, but not sure I made a super stellar impression on the residents.

I would go on fewer interviews, however my husband was applying into Urology thus we could not couples match but we had to consider both of our applications.

Email programs sooner before interviews were released to advocate for myself

I feel like things went well for me. I applied to 24 programs and got 11 interviews, then matched at my 1st choice. I'm glad I listened to myself and didn't add those extra 10 programs my advisor wanted me to add.

Never ever look at that google doc that can be found on Student Doctor Network.

Apply to more programs. Network better and contact people I knew at the institutions early before interviews went out. Speak with more residents on the interview days (more name recognition).

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

Spend time on your essay to stand out. Practice talking about each of your activities even those that are from a long time ago. Talk to residents from UCSF who are currently at programs you are interested in. Try and visit friends during interview season if possible to make it fun.

Use the UCSF HOST program. It was fun and saves you a ton of money. Keep an open mind on interviews. I was SHOCKED by how amazing some programs were and how un amazing others were. So be honest with yourself. I ended up ranking a program #1 that pre interview I NEVER thought I would want to go to. So that also means ALWAYS put your best foot forward, whether its at the top program in the country, or the number 60 program in the country. Be supportive of your peers. This is a hard time for everyone. Be kind to the people you are interviewing with. Be kind to your UCSF family. You never know how people may be feeling or what interviews they got or didnt get.

Attend conferences, get to know people as early as possible

Make a calendar of all the possible interview dates, and try to have identified your preferred dates in advance. I was able to group my interviews between east coast and west coast, which saved me a lot of time/money!

I recommend doing an additional Ob Gyn rotation at UCSF and getting to know as many people as possible and get as many perspectives as possible. I highly recommend the family planning elective as an additional elective!

Start going to advising sessions earlier, get involved in OB/Gyn related activities during the first two years (helpful to have things to discuss during interviews), strongly consider an away rotation if you are geographically limited, contact programs that you are very interested in and advocated for yourself

The OB GYN dept has fantastic advisors who will walk you through the entire process!

Ob/Gyn is getting more and more competitive to match into every year. On the trail, I had a good sense of which programs liked me and which ones didn't care for me. While many people say thank you notes and love letters don't matter, I believe my post interview communications gave me a sense of which programs liked me (and the program I ultimately matched into is one that responded to me with a very warm, personal message). That said, many programs will give you a sense that they liked you but you won't match with them.

When you're making your final rank list, don't forget what you said was your priority at the beginning of the application process. In 20 years, you'll feel about your residency program how you feel today about which junior high you went to: it doesn't matter and nobody cares.

Trust in the process, but advocate for yourself! I reached out to a couple of program PDs regarding interview invites. Utilize the UCSF advisers and department resources as much as you'd like, especially for program/rank lists. Be kind and supportive to your fellow applicants!

Don't think you have a good chance of matching just because the programs tells us they like you on interview day

The advisors here are optimistic. I was surprised how difficult it was for me to secure interviews at top programs. Reach out to programs that you are interested in early in the process 3 of my top 4 ranked programs I had to email before receiving interview invitations.

Talk to as many people doing the thing you want to do as possible, believe in yourself

Use the advisors as much as you want. They are there for you to answer questions and reassure you and be your advocate. Only interview at programs you would actually go to or are curious about because it is an expensive endeavor. If you are unsure of a program, I would go check it out even if you rank it low or not at all, that information is valuable to tell you what kinds of programs you are interested in attending.

Honor your subs. Get a good step score (preferably as close to 230). Have some meaningful research to talk about in your interviews! The advising team is really on top of it before ERAS in terms of making sure you have a good application, but I felt a little bit lost during the interview process. Make sure you reach out to them if you have any questions as you go along the interview trail. Overall you will do well in the match and match in your top 3.

I was not shy about reaching out to programs! My mentor also reached out to four specific programs for me and I got an interview from those programs within a week. You have to be checking your phone 24/7 during the month of October. I was on a medicine sub i at the time and I would NOT recommend that because interview slots disappear within MINUTES after you receive an invitation!

Advocate for yourself!

Trust yourself and keep breathing. Don't fall into the stress spiral that others may be succumbing to. No matter what happens, you'll be okay.

This is annoying, but... Try to get honors in Surgery, Medicine, and ObGyn. Also, try to get >220 on Step 1. You will almost certainly still get into the residency of your choice even if you don't have those things (or only some of them), but with the way the system is currently set up, your life will be easier and less stressful during the application process if you do have them.

Even with the changes to the interview invite process, you still have to sign up asap and be on your phone constantly! Open a credit card right before you submit, use your app fees to reach the first few months minimum and then use those points for travel, interview or vacay related! Bonus if you get TSA precheck with the card;