

**Post Match Reporting  
2020-2022 Match Cohort Data**

**Specialty: Anesthesiology  
Number of Survey Respondents = 19  
2020(53%), 2021(37%), 2022(11%)**

<u>Match year</u>	<u>Match cohort</u>	<u>% total cohort</u>
2020	14	9%
2021	12	7.1%
2022	4	2.8%

	<u>Mean</u>	<u>St Dev</u>
<b>Step 1</b>	237.13	13.16

**Post Match Survey Responses**

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

Yes 17  
No 2

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

Yes 9  
No 10

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

Faculty 4  
Family 5  
Friends 1  
Outside mentor(s) 3  
Partner/Spouse 5  
Residents/Fellows 2  
Specialty Advisor 1

**Other: Please describe**

**Were you advised to do an away rotation by a specialty advisor?**

Yes 0  
No 9

**Who was your most effective career advisor for your specialty? (number of multiple mentions)**

Dr. Manuel Solmaz 13  
Dr. Pardo 1

John Turnbull 2  
Near Peers 1  
Manuel Pardo 1

Both Kristina Sullivan (non-confidential) and Solmaz Manuel (confidential) were incredibly helpful. I recommend speaking with the non-confidential career advisor in addition to the confidential since they have direct involvement with residency selection and therefore have the most accurate perspective on what the selection process is. Speaking with the confidential advisor is also helpful as you can feel completely comfortable sharing all your thoughts without it feeling like a lowkey interview for the program.

**If you were to do anything differently in the residency application process, what would that be?**

Better advising on where to apply

Apply to less programs (~25 programs)

I think I could've gotten away with applying to less anesthesiology and prelim programs, but wanted to be on the safer side. I don't think I would've changed that because I tend to be risk averse. However, I did apply to some anesthesiology programs simply because they were reputable and because I felt like I needed to reach a certain # of programs I applied to, even though I really did not want to live in those cities/regions. Coming from California, I think these programs know that it's unlikely that you want to live there (unless you have specific ties to that region) and I did not receive interview invites from any of these programs (despite receiving invites from all the top programs I was actually interested in). In that sense, you could save some \$ not applying to those programs "just because".

I applied during the COVID-19 pandemic and so there was a lot that was unknown about the effect that would have on our application cycle, and so I applied to more programs than I had initially planned on. I don't know how next year will be, but overall I recommend talking to your career advisor. If they think you're a competitive applicant, trust that and only apply to max 20-ish programs.

Focus on building fundamental knowledge and skills throughout the first three years of medical school, which would be well reflected in how you would perform in your sub-I's

Apply to fewer programs

Looking back I would have put less of an emphasis on the advice I was given by the Specialty Advisors as it felt like some of the information I was provided was not as widely applicable as once thought.

Apply to less programs, talk to specialty advisors early in medical school

Send more follow up emails of interest to programs that I didn't receive interview invitations from earlier.

Reach out to programs that I was interested in earlier.

Be more organized in using spreadsheets to keep track of budgeting. Applying for travel credit card.

I would try to avoid online forums, discord pages, etc involved with the residency application process. The google sheet listing interview dates, etc was helpful, but also very anxiety provoking.

Get an airline credit card to get miles. Book hotels and flights as early as possible to save money. Would probably go on less interviews. Did 11, would've been fine with 8 or 9.

Engage with the Medical Student Wellbeing Office earlier

Be more proactive about reaching out to programs that I highly desired but did not hear back from early on. Also, be more selective about which interviews to accept.

Probably apply to less programs. Be confident about your competitiveness and realistic about where you could see yourself living.

**Please provide any other information that might be helpful to UCSF students who will apply to your specialty choice in the future**

Relax! Talk to the attending! Shadow, do Sub-Is, get involved in research. Everyone is pretty chill in anesthesia so don't worry about reaching out to people!

I didn't have any anesthesiology specific research but was involved in other research projects during medical school. In my experience, interviewers were always interested in my research (even though it wasn't within anesthesiology) so I wouldn't feel nervous about not having any anesthesiology research!

Don't apply to too many programs. Talk to the career advisors early on, they're incredible and will be of tremendous help. Don't focus too much on your personal statement, but do have a sense of what you want out of residency and why you're applying into that respective field.

It's never too early to talk to a confidential advisor or a mentor in your specialty. Receiving advice as early as possible, from people willing to give you the exact way you can pursue your residency goals will prove invaluable in your success.

Letters of intent are extremely effective when you are from UCSF! Send genuine letters to programs you are hoping for an interview at. The anesthesia sub-i (not the ICU one) was extremely fun, informative, gave me a lot to talk about during interviews, and gave me plenty of time with residents and attendings to learn about what

matters in a residency program

Meet with advisors! They are such a great resource.

Apply broadly. While you are desirable as a student coming from UCSF the current climate of virtual interviews have made it so that you are up against many other applicants making the field much more competitive. Remember to be kind to yourself.

Get involved with the department as soon as possible to get advice and research opportunities

It's very helpful to have an advocate within the anesthesia department, especially if your scores were lower as in my case.

It will be okay! Try to enjoy the interview process.

With regards to anesthesia, I only did the 2 weeks core anesthesia rotation and the 4 week anesthesia ICU rotation. This was enough for many programs to give me an interview invitation.

I would highly recommend completing a Critical Care rotation prior to applying. Critical care is a large component of anesthesiology, and the rotation gives you an opportunity to work closely with anesthesia attendings who can help write residency LOR. There wasn't a lot of attending face-to-face time during the anesthesiology rotation itself. Interviews were usually very relaxed and conversational.

Really think about where you want to end up location-wise, as this is a huge factor. Most anesthesia programs are more alike than they are different, so location becomes a huge factor. You can save a lot of money by forgoing interviews in places you'd rather not end up. I also think it's worth considering whether you want to apply to prelims or not. The programs I was interested in were all mostly/entirely categorical so I didn't apply to prelims. This can also save you time and money, though it does eliminate a few advanced-only programs from the mix. Also send emails if you haven't heard back from programs you're interested in by mid October. Got a couple good interviews that way.

Engage in advising early Do relatively well on Step 1/2

Have fun during the interview dinners!

I kept reading in previous match reports and being told by people not to waste money on too many interviews. I think 8-10 interviews was a good amount for me and my individual application. The ICU rotation was great for getting anesthesia-specific letters of recommendation. The anesthesia department at UCSF doesn't strongly advise you do an anesthesia sub-I but I'm really glad I did anyways. It was a great way to solidify my career choice and get to know residents and faculty in the program