

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

**Specialty: Family Medicine
Number of Survey Respondents = 25
2020(36%), 2021(40%), 2022(24%)**

<u>Match year</u>	<u>Match cohort</u>	<u>% total cohort</u>
2020	14	9%
2021	20	11.8%
2022	10	7%

	<u>Mean</u>	<u>St Dev</u>
Step 1	223.73	19.94

Post Match Survey Responses

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

Yes 22
No 3

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

Yes 21
No 4

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

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

Other: Please describe

Talking to faculty members residents and others in the field of interest; panels
Rank list not submitted

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

Yes 1
No 15

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

Dr. Margo Vener 25
Dr. Tomlinson

Head of Department
Peter Ureste
Sarah Gaylewyrlic
Tenessa Mackenzie

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

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

Create a list of programs before applying. This was difficult to do because there are numerous family medicine programs outside of California and students had to ask their networks for information about them.

Get letters of recommendations early/ask in-person immediately after working with someone

Would have been more consistent with advocacy/community/volunteer work

Not much

Apply to fewer programs

I think I wouldn't have changed anything knowing what I knew at the time. Now I know I could have applied to fewer programs but I didn't really know what I wanted in a program until after about halfway through my interviews.

I was deciding between two specialties to apply to in very different fields. I wish I had decided sooner so I didn't have to do away rotations with a young child in a specialty I wasn't going into but it helped me make up my mind. Once I landed on family medicine I definitely wish that I had applied to less programs. I applied to more than Margo recommended and was lucky to have tons of interview opportunities but I ultimately cancelled some of them.

Interview at less programs

Be able to travel for interviews :/

Work on my application a little earlier.

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

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

Nothing, it all went smoothly.

SOAP last cycle

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

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

Dr. Margo Vener is the person to go to for anyone even slightly considering Family Medicine!! She has been so helpful throughout the entire application process.

Go to social hours for the programs you are excited about (in my case we only had the option to attend virtual socials of course) to get a better feel for the residents and culture!

Don't stress too much! Everyone builds the application process up to be so painfully high stakes. It's going to be fine. Trust your advisor and trust in your own qualifications.

it's ok to apply broadly- I applied to a really wide variety of programs, geographically and program structure.

Family medicine may not be a difficult specialty to match into, but matching into your desired program, especially in California, is still difficult. Clinical skills alone will not be enough. You also need something else you can really stand on and show that you're passionate about based off of your CV.

Apply broadly; go on a safe number of interviews/don't turn down interviews unless you're certain you will match/ email programs to ask for an interview if you haven't received one from one of your top choice programs

It would be helpful to have more guidance around good questions to ask people on the interview trail to better distinguish between programs

Listen to what Margo has to say. She gives far more detailed and structured advice than advisors from other specialties and be grateful for it! She is amazing and really knows what she is talking about. I'd also recommend

leaving time open in your schedule for interviews from October-December if possible! There are some in January but the bulk of them are over by then. Ultimately just try to have fun during 4th year!

Listen to Margo for everything!!

Think about what aspects of Family Medicine are most important to you such as community medicine, care for the underserved, or academia. This will help you to narrow down the programs you apply to and rank.

Prioritize mental health over prestige!

Family Medicine programs that are all excellent vary a lot in how they are structured. Use the application and interview season to reflect on what you value and follow your gut.

The application process is confusing so ask for help. Try to do family med 4th rotations early on so you don't have to panic about getting letters or recommendation. Get feedback from Dr. Vener about your personal statement.

Helpful to figure out early in medical school what specialty you want. Allows for tailoring your application.

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

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

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

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

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

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

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