

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

**Specialty: Psychiatry
Number of Survey Respondents = 16
2020(25%), 2021(38%), 2022(38%)**

<u>Match year</u>	<u>Match cohort</u>	<u>% total cohort</u>
2020	7	4.5%
2021	17	10.1%
2022	9	6.3%

	<u>Mean</u>	<u>St Dev</u>
Step 1	229.12	21.53

Post Match Survey Responses

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

Yes 5
No 11

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

Yes 1
No 15

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

Faculty 4
Family 6
Outside mentor(s) 5
Partner/Spouse 9
Residents/Fellows 3
Specialty Advisor 1

Other: Please describe

Talking with practicing physicians in various specialties and also David Elkin.
Rotating in various nonacademic outpatient settings through longitudinal program getting to know academic culture of fields through research projects
Reddit spreadsheet crowdsource
my CMC coach
Dr. Kobashi
Family (non-physicians)

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

Yes 1
No 11

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

Dr. Peter Ureste	8
Owen Wolkowitz	
Alyssa Peterson	2
Andrew Booty	4
Caitlin Hasser	5
Emily Lee	
Reddit	
David Elkin	2
Post-match reports	

I only spoke with Dr. Caitlin Hasser as my career advisor, so I can't speak to any others. I did speak with Dr. David Elkin on a personal level, as well as Dr. Erick Hung.

No one really stood out as the most effective career advisor. I stayed connected to different mentors with different strengths. Some were most helpful talking me through different rank lists, and some were most helpful preparing me for interviews.

Our nonconfidential psychiatry career advisor was only minimally helpful. The confidential advisor Andrew Booty was very helpful when available.

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

Send the love letter earlier. Sending it in February was too late and I wasn't able to match at my top choice likely because of that. I would send it mid-January even if you're still interviewing at programs since the programs start to make and submit their rank lists early February. Speaking with the current residents at these programs after the interviews was also very helpful and I wish I did more of that. Ultimately though I got matched at a program I ranked #5 and who I had no contact with after the interview since I was not particularly thrilled with the program. However it ended up being a top ranked program and a very good fit after all. I had made my rank list though based on where I could be in the same city as my partner who was applying to PhD programs as well. I'd say be ready to go anywhere on your rank list even if you're coming from UCSF.

Write personalized personal statements to the county/community programs you want to go to otherwise they might not believe you will go network earlier for out-of-network programs even if you have ties to the area. Apply to 30 programs at least broadly and in different tiers.

Seek out different specialty career advisors than the official psychiatry advisors

Reach out to programs that I really wanted to receive an interview with on the sooner side. I don't think it can hurt and it can only help. I'd likely do it 2-3 weeks after applications are submitted

I feel pretty good about my process. Maybe I would have applied to fewer programs.

Email / reach out to more programs for more interview opportunities

I would apply to more programs. I was told that ~30 programs should be sufficient and in the end it was fine. I ended up with 10 interview invites but could only do 9 of them due to scheduling conflicts (~half of my interviews were 2 days). But it was a very stressful time in October waiting to get those interviews and very stressful waiting for the Match with only 9 programs.

Apply to more programs. And had it been possible, I really would have liked to do away rotations.

I probably would have sent more "letters of interest" to programs that didn't offer me an interview within the first few weeks. There was anecdotal evidence on the trail of programs being overwhelmed with the number of applicants. It's hard to know whether some programs only sent interview invitations to applicants who expressed interest on top of the application itself, which I assumed was enough of an indication. Within a few weeks of submitting the application I had interview offers from my top 4 programs, so I didn't pursue that option. In retrospect I probably should have because my total number of interview invitations was lower than I had expected (but I ended up matching at my top choice).

I would have done more away rotation

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

See above.

Find supportive mentors early who you click with can write good letters and ideally with connections to residencies you want to go to do research and network at conferences. Ask rotation directors how you can work with one person more to get a strong letter of recommendation.

Apply broadly and widely at first, can always withdraw if you are getting interviews at a lot of your top places. Do your absolute best in your application, CV and personal statement should be polished.

Given the current career advisors in psychiatry, I would suggest relying instead on former UCSF students who matched in psychiatry and other department members (though these will not be confidential)

- If you are looking at east coast programs, I would increase your numbers applied to there as the interview invites I received on the east coast were quite random and not always responsive to letters of interest or even geographic connections. - I actually found the google doc with other applicants to be quite helpful! I wish I had looked at the one from the previous year over trying to figure out the texas star data.

Talk to the residents. They will give it to you straight.

Meet with specialty advisors multiple times throughout the year

Reach out to programs early to express interest.

This survey only allowed me to indicate that I applied to a max of 49 programs. I actually applied to 81. I read a lot online about students not initially getting as many interviews as they wanted and then adding more programs down the road, which, of course, is not ideal. I did not want to be in that position and was unsure about my competitiveness, and thus I applied up front to many more programs than recommended. And yet, I still ended up adding about 10-15 programs a few days after the initial submission. Unsurprisingly, I did not get an interview from any of those places. Overall, I'm happy that I applied to the 81 programs because I ended up with 23 interviews, which I felt was just the right amount to 1) feel comfortable about the process and my chances of matching early on, given that the 23 interviews came spread out over ~4 months, 2) choose where I wanted to or could visit (based upon available interview dates), and 3) schedule some "practice" interviews early on. Fortunately, I got an interview from all the very top schools, along with a "random" sampling of others, so there was definitely an element of programs not interviewing candidates who might be unlikely to come. In the end, I was able to interview and match at my top choice.

I would recommend clarifying with the specialty advisors 1) how many programs to apply to given the increasing numbers of people applying and 2) whether or not to send letters of interest to programs you don't initially get invitations from.

It can be difficult to cross coasts. I am from the east coast (and went to college and worked there until medical school) and the 5 or 6 schools I did not get interviews at were all on the east coast. I would consider talking to your career advisor or sending emails to the schools explaining your interest if attempting to move to the east coast. At the beginning, thinking through what kinds of questions will be asked in interviews and practicing responses can be helpful, but these will start to become a bit more rote after the first few times answering the same questions. Make sure you always have one or two questions for the interviewer; I had quite a few interviews where the ENTIRE interview was about the questions I had for them!

Start preparing early, and start looking into away rotations in psychiatry. Book OCPD interview practice sessions early.