Tips on Sub-Internships, Interviews, and the Match Process

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Disclosure

No professional disclosures.

Medical School Performance
- Honors in Medicine, Pediatrics
- Step 1: 240
- Step 2 CK: 221
- Publications/Presentations: 6
- No internal program

Sub-Internships
- Methodist – Houston, TX
- Stanford – Palo Alto, CA
- Mount Sinai – New York, NY

Residency
- Stanford
“Success is where preparation and opportunity meet.”
Choosing wisely, even when you feel desperate
Tips for Sub-Internship Success

Knowledge
- Carry a reference (Vascular Combat Manual)
- Have a repository for cumulative knowledge (notebook, Google Doc)

Skills
- Know how to close skin, instrument tie, basics of lines
- Perform competent wound care (wound vads, dressings)
- Anticipate how to assist in the OR

Energy
- Live near the hospital in a comfortable, Wi-Fi enabled location
- Know where you can buy or make nutritious food
- Space your sub-internships with less strenuous rotations

Fit
- Have a one-liner to justify your interest
- Anticipate questions about your connection to the area, the institution
- Know the research interests of faculty and how they relate to your own

Stanford University
Interviews

HOW TO WEAR THE SAME SUIT FOR 2 MONTHS STRAIGHT
Interviewing Tips

Show Up
- Commit to realistic clusters of trips
- Plan ahead for bad weather and airports (O’Hare)
- TripIt – an app that organizes your itinerary via email
- When disaster strikes, call ASAP

Look Good
- Have at least 1 suit, 2 shirts, and a business casual outfit
- Buy a portable hand steamer to de-wrinkle clothes

Feel Good
- Know the program’s basics and values
- Have un-generic questions
- Pre-interview mixers: know when to go home
The Match

SUBMIT YOUR FUTURE TO THE ALGORITHM
Ranking Tips

• Everyone has an data-crunching method, but this is ultimately a value-driven decision.

• In retrospect, I underestimated the importance of proximity to *family and loved ones* during residency

• Show *sincere* love to your favorite programs with respect to ERAS rules

• Set it and forget it!
Thank You and Good Luck!

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