The Match Process: A Student Perspective

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Disclosures

• None
Overview

- Sub-Internships
- Choosing programs
- Interview tips
- Uncomfortable situations to be prepared for
Sub-I tips for success

- Arrive early
- Pre-round
- Get to the OR when possible
- Be prepared for all cases
- Take initiative in the OR
- Be a team player
- Anticipate
- Follow up and follow through
Away sub-Is

- Talk to your program director
- Another month of experience
- Different perspectives and approaches
- Insight on what you want in a program
- Atmosphere of the program
Choosing programs

- General vs vascular
- How many?
- What are your future career goals?
- Research?
- Open vs endovascular experience
Your application

- Keep separate applications
  - Personal statements
  - LORs

- General surgery programs may assume they are your backup
Letters of recommendation

• Ideally…
  – General surgery (3)
  – Vascular surgery (3)

• Pitfalls:
  – Using a majority of vascular surgeon LORs for your general surgery application
  – Lack of face time with letter writer ➔ generic
Interviews

• Scheduling tips:
  – 1-2 less desirable first
  – Front load vascular interviews
  – Back load general surgery interviews

• Saving money is possible!
  – Meet people early, share rooms

  – But sometimes it is worth spending the extra $20…
Don’t underestimate first impressions

Who would you hire (for a job outside of Hollywood)?
Other interview pearls

• Do your research on the program
• Know a few things about the attendings
• Post-interviews
  – Ask your program director to make a call for you
Prepare for tricky situations

- Stay organized
- General surgery program asking about 0+5
- NEVER LIE!
- Program director calls
- Rank in order of YOUR preference regardless of outside information you may receive
Summary

- Be prepared on your sub-internship and give it your all
- Keep separate general surgery and vascular surgery applications
- Be strategic in interview scheduling
- Always be honest
- Make your rank list according to YOUR OWN preferences
- HAVE FUN!
Thank you