

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

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# Disclosure

No professional disclosures.

## Medical School Performance

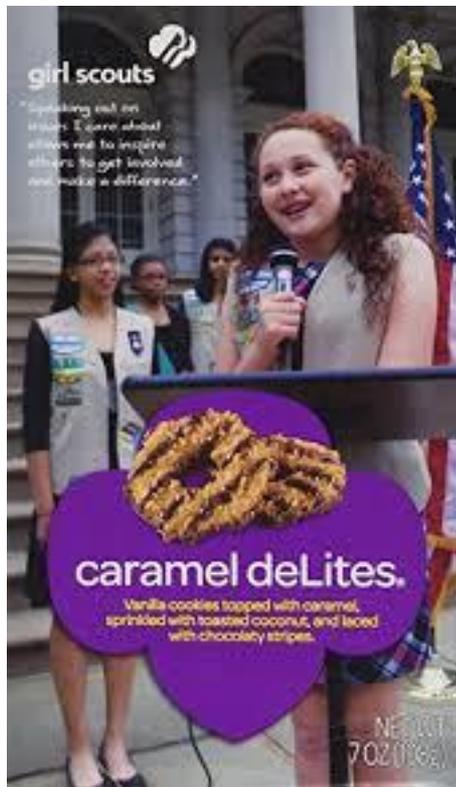
- Honors in Medicine, Pediatrics
- Step 1: 240
- Step 2 CK: 221
- Publications/Presentations: 6
- No internal program

## Sub-Internships

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

## Residency

- Stanford



“Success is where preparation and opportunity meet.”

## Sub-Internships

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 vacs, 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

## 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)
- Triplt – 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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