

Unedited U of R Medicine Residency Alumni Comments, July 2020

What was your favorite thing about the medicine residency at U of R?

- It felt like a family, between the residents and leadership. I still regularly talk to my former co-residents and reminisce over my time. I genuinely miss my residency, not just the people but entire experience.
- Camaraderie - the culture of helping support each other and learn with each other is amazing. Residents there are treated as valued members of the team by faculty, and that does a lot to foster a sense of teamwork.
- Excellent training, supportive faculty, collegial environment. Good exposure to diverse range of pathology and sub-specialty rotations
- Variety of people who were residents with me, all with different backgrounds and lifestyles. It made residency interesting and fun.
- The people! The faculty were always supportive and wanted to teach while allowing us appropriate independence. More than clinical pearls, they modeled being good doctor and colleagues (and overall good human beings). As for my co-residents, from day 1 we were on the same page in doing the best for our patients and working together as a team. These are some of the best friends of my life, and we still all text each other constantly
- Procedure team and US rotation
- My co-residents were incredibly supportive. There is a strong culture of caring for one another and helping each other out whether it's overnight and getting swamped with admissions or a family emergency that requires taking time off on short notice. Additionally the attendings (especially in GMD, HMD, and MICU) foster an environment of growth, independence, and learning without fear of judgment.
- Attentive program leadership, approachable faculty, collegiality amongst residents The people! I have never been in a health system that had more collegial and kind people.
- The accessibility to the program director, chiefs and faculty, night shift brunches, resident camaraderie, hot lunches, noon conference talks especially when several faculty were present to share their insight, Epic
- The cliché answer is the people, but it's true. My classmates were a group with diverse interests, but an amazing sense of caring both for their patients and for each other. The warmth extended to the faculty and I am still in touch with both my research and clinical advisor now over a year out from graduation. The relationships are real and lasting.
- The program's focus on resident experience, education, and wellness.
- The people!! Academic hospital with a community vibe at times. The faculty are amazing, approachable, intelligent, and kind. Can't ask for more!

- My favorite thing was how supportive the program was of our learning and well-being. Education was always a priority and I believe the program recognizes well the fine balance of having enough exposure to maximize learning without overworking us to the point where it hinders learning. I believe our program director was one of the greatest assets to keeping these goals forefront.
- I loved the combination of a relatively smaller program size and the opportunity to train in a large academic center. I quickly knew all my co-residents, who were wonderful and friendly; our program leadership who unequivocally supported us and our interests; and the faculty who despite being world-class clinicians and researchers, were approachable and friendly.
- My friends. My clinic block. My mentors. The pink muffins at morning report. The pocket ultrasounds were also pretty sweet.
- The sense of community and camaraderie among the residents. We all operated as a team and supported each other. I still keep up with the bulk of my class and I have made life-long friendships because of this program.
- 1. Great Work life balance. 2. Ability to moonlight 3. Exceptional opportunities for research and subspecialty fellowships
- The Attendings! I loved working with the Attendings on medicine and in our sub-specialties.
- How family friendly and accommodating the residency was during my residency, with certain medical issues
- My co-residents and the teaching faculty
- Faculty and co-residents. We Worked hard, but in a safe, friendly and supportive environment that maximizes learning and quality of life. Faculty is very supportive, in your research and quality improvement projects.
- The supportive and enriching learning environment allows you to provide the very best of patient care.
- 6+2 model, the outpatient subspecialty rotations during ambulatory block, the opportunity to moonlight.
- Collegiality
- My kind and considerate colleagues and the wide range of attendings
- Supportive attendings, focus on teaching/education
- I greatly valued the camaraderie among my co-residents. I knew I could count on my colleagues if I was ever going through a difficult rotation or time in my life. I also appreciated the residency program's attentiveness to feedback and willingness to change quickly based on this.
- The community of residents, staff and our teachers, it was a wonderful and challenging time. I felt supported and listened to in a professional and caring environment.
- Wide variety in learning opportunities
- Did not realize it during training, but program prepared you for your career very well. Excellent general medicine, evidence-based training and with good ICU skills. I am in a small community program with open ICU. Residency prepared me for my job very well with no hiccups.
- I was so lucky to work with such amazing colleagues, mentors, and students during my training. I felt like the work that I did for my patients as a resident was valued and my

education was always a priority. The community that existed within the program helped me grow as a physician- and have fun while I did it.

- The people and staff.
- Program leadership
- The people at U of R are what make this program particularly special.

What was your favorite thing about living in Rochester?

- The hospitable people, parks, lakes, breweries, wineries, hiking trails, good food, festivals, local music, local theatre...the list goes on and on and on!
- You get the advantages of being in a city - plenty to do, eat, & explore but it is affordable, there's no traffic, people are friendly, and you can easily drive out to lakes, mountains, glens, and gullies whenever you want. Also - can't go without mentioning the lilacs in Highland Park in the Spring!
- The size. Rochester is small enough to have an intimate feel and low cost of living, but very much large enough to have enough urban problems that as a resident you can 1) provide help to people who really need it 2) get exposure to the advanced pathology that is unfortunately associated with that.
- The city has plenty to offer for a resident while still being small to medium and size. There are excellent restaurants, ranging from amazing French (Cure and Roux), to Malaysian (Coco Garden), to Dominican (D'Mangu). The Finger Lakes and wineries are close by as is Toronto and all it has to offer.
- Proximity to the activities/restaurants/wineries of the Finger Lakes.
- I loved the small city feel with larger city amenities. We have an excellent food scene compared to the overall size of the city. We also have easy access to so many outdoor activities all year around with some of the best state parks and public golf courses in the state and country.
- Rochester is an ideal mid-size city which has such an affordable cost of living. I loved being able to become a homeowner as an intern as opposed to paying high rent prices in larger cities. Plenty to do on days off, particularly being so close to outdoor activities and with great restaurants.
- The people are all friendly and smart. I made local friends outside of the hospital that will remain lifelong. Never any traffic due to excellent infrastructure, easy to travel and visit many local outdoor adventures or nearby cities.
- Affordability of housing, extracurricular activities, lack of traffic, easy access/ commute to work, work-life balance, Wegman's, outdoor events, openness to feedback, affinity groups for minority residents.
- Easy access to top notch outdoor activities but also a lot to do within the city.
- The summer festivals, the Finger Lakes, the people.. no traffic... Wegman's!
- So many great things about Rochester! I loved the parks and proximity to the Finger Lakes in the spring, and I spent a lot of time eating out and seeing movies at the George Eastman

House during the winter. My co-residents, being able to explore surrounding community during the 4 seasons.

- Rochester is such an easy place to live! It's highly affordable, commutes are short, and yet it still has the activities and opportunities of a city much larger in size. There are great restaurants, shows, and easy access to the outdoors. Also, can't forget Wegmans.
- Excellent restaurants and bars right in the city, wineries with lake views a short drive away. All very affordable
- Mixture of urban and rural living. And breweries.
- Ease of living. Easy to get around, easy to find things to do, places to eat.
- The nature. Upstate NY was really beautiful in the spring and summer. Mountains, lakes, rivers, trails--it's all there. Cost of living is low, and quiet, safe communities to raise your kids in are abundant. And the Strong Museum of Play
- The affordability and ease of living. I was easily able to buy a home during my intern year and really start to put down roots.
- Great Cost of living. Family friendly. Restaurant scene was excellent.
- The cost of living, friendly Rochester people, and Wegmans!
- The community
- Affordable and lots of stuff to do
- Rochester people are very friendly. Safe environment. Many activities, indoor and outdoor to do year-round.
- Proximity to Toronto, Philadelphia, NYC
- Lots to do for a city this size and cost of living is great in comparison to a resident salary
- Low cost of living, Finger Lakes nearby, the kickball league
- Great food, great drink, plenty to do
- Living close to home, near Finger Lakes, Letchworth Park, breweries, apple picking.
- Super easy city--has most everything one needs but navigable. With all the stress of residency, Rochester will not add to that.

Is there anything else you would want to share with residency applicants if you could talk with them?

- This program is special- I think the balance that Rochester strikes between autonomy and supervision is just right. I consistently felt like program leadership had resident education as its top priority, and people were always ready to support me in my interests. I am now pursuing a career as an academic clinician educator in general medicine. I particularly appreciate the way that the program enthusiastically mentored me as a generalist and provided with with so many role models in general internal medicine - even as I was delighted to see that my colleagues who wanted to sub-specialize successfully matched in their fields.

- It's so hard to get a sense of fit when you can't meet the people, see how they interact with one another. What I can tell you about Rochester is that the sense of caring extends not only to patients, but your friends and colleagues. The warmth and sense of family among residents and the program as a whole is the real deal here.
- Rochester is a hidden gem. I was always a big city person but the charm and ease of life in Rochester won me over... I'm also a west coast sunny weather person that not only survived the winters but grew to love them!
- The program takes feedback very seriously - I entered already quite pleased with the curriculum, and over three years I saw changes that really helped focus the high-yield learning. Most changes rose as suggestions from residents. Time is precious during the residency years, and it matters when a program constantly evaluates and improves itself from the residents' perspective
- I would emphasize the fact that everyone is very nice here and passionate about doing the right thing for the patient as well as trainees.
- The program is the perfect mix of great clinical exposure, faculty invested in resident education, and a great group of residents who emphasize looking out for each other.
- Residency at URMHC remains my favorite part of my medical career to date. I formed life-long friends, a great education and hope to return to Rochester some day
- It's very easy to make a home in Rochester- personally and professionally. Be careful, once you experience it, you might never want to leave.
- This program encourages each resident as an individual and that is priceless. As a mother I was supported by the residency program through my pregnancies, with maternity leave, nursing/pumping when I came back to work, and the program director and many attendings supported me as I struggled with post-partum depression. This kind of personal concern, care, and support is essential, especially for women like me as my family grew.
- The culture of the medicine residency is not stagnant and welcomes growth. It is a place to receive excellent clinical training and also a place where residents can explore their interests. From diagnostic reasoning, to being empowered to help patients address their unique social determinants, to POCUS and more, the U of R offers many ways to really broaden and deepen your skills as a physician. Despite being a 900+ bed hospital, the residency also manages the feeling of being a close-knit program while offering a ton of resources for residents. For example, as someone with an interest in research, the program covered the cost of my statistical analysis program for a project.
- If you want to get excellent clinical training at a top institution while maintaining a healthy work-life balance, you need to consider the program at the University of Rochester.
- You won't find another program as dedicated to your wellness and professional development!
- The most important things when picking a residency are liking where you live and enjoying who you train with. Don't pick a program based on clinic schedules, Doximity reputation, or rotation structure--most academic programs will give you the training you need to take care of patients well. You need to enjoy the part of life that happens outside the hospital in order to be your best self when you are inside the hospital.

- Think about coming to a city that not only has a world class medical center which will train you well, but also is a place where you can comfortably start your adult life. Rochester is that place.
- If I could go back and do it again I wouldn't change anything. Experience was great and my exposure/clinical experiences have prepared me very well for life after residency.
- The people here are like family
- University of Rochester is a unique place where you can advance your career and have a life outside of work. My family enjoys every day so much that we decided to stay here for fellowship.
- This is an excellent program that will have you absolutely prepared for fellowship or immediately entering practice. The senior years provide plenty of opportunity to specialize your training while also ensuring you obtain an adequate breadth of knowledge in all areas of internal medicine.
- If you come here, you are truly joining the URMC family. Everyone will be looking out for you and ensuring you succeed. There is a general sense of respect and collegiality among all services that you don't always feel at certain institutions.
- Residency is about the people you work with way more than you think. Judge every residency by the people who are working there.
- Enjoy the time you have with your peers-you will form lifelong friendships along the way, ask a lot of questions and take advantage of the wonderful teachers, they are passionate/invested in your growth and will leave an imprint for years to come of what it means to be a doctor. Most of all residency passed by very quickly, enjoy the moment, it's a once in a lifetime experience.
- You are about to have the best time of your life... you just wait and see!