

Grad year: 2017

Residency: Psychiatry Residency at U. of Iowa

How did you hear about your residency?

U Iowa PA program

What was the application process like?

1-2 pages with references, informal interview

How many places did you apply/interview at?

1

Why did you decide on a residency and not the job market?

I expected additional training to make me a more competent provider for the benefit of my patients in a relatively specialized and respectably demanding field. To receive more training in an area of great interest anticipated to be held long-term. Lastly, experience in the field before is generally required before a first job is had.

What did your schedule/training look like during your residency program?

1 year (6 mo outpatient, 6 mo inpatient) with essential embedment in the psychiatry residency program, with the same: classes, journal discussion, case studies, weekly Grand Round presentations, and workload (except not being on call) monthly touching base with program director.

There is some worry that residency's are just set up for "cheap labor", did your residency have a curriculum? What was the curriculum like?

Yes, see above. Didn't feel like cheap labor at all to me - total learning environment.

Did you get benefits? Vacation? Sick time?

Yes for health insurance, minimal vacation (a week, I believe), unknown if any sick time.

What did you do with your loans? Start to pay? Defer?

Deferred.

How long was your residency program?

1 yr

Did you have time between graduation and residency?

If so, any advice on how to fill that time? 4 months - I laid low, rested, more active self-cares and family time.

Did you interact with physician residents at your residency? If so, were there enough learning opportunities?

Yes, often, plenty.

Do you think the residency was beneficial for you to get a job? Did it make you more competitive?

Yes: without it, I would not have gotten my first job, been interviewed in Oregon or likely have gotten my second and current job.

What are two things you wish you knew before starting residency and/or two things you would like students thinking about residency training to know?

1. None. I got all my questions answered before applying. So advice might be for others to do the same - speak with others who have done the program to hear what they thought of it (quality, quantity, cheap labor feel), what job offers they got afterwards, etc.
2. I would essentially only recommend them for people who are convinced they want to be in a particular field indefinitely, and sooner than later.