



NOTE: These are un-edited responses (all of them) to a survey we sent our residents July 2020

Why did you choose to do your medicine residency at URMIC?

- I thought the people were supportive and kind when I visited, and I wanted a training environment with people who I could see myself becoming friends with. I also love upstate and western New York, it is full of beautiful parks and great food.
- The residents on interview day were so friendly and down to earth, and they spoke highly of the programs support of resident education. The location attracted me as well, I am an Upstate NYer at heart and Rochester is yet another beautiful example. The proximity to Lake Ontario makes for some awesome birdwatching.
- I choose URMIC because I loved the way I felt on the URMIC medical campus on my interview day. Everyone was very friendly (and I mean genuinely friendly) and really seemed to care about one another. Also, the faculty is amazing, so smart and always taking the time to teach and provide adequate feedback. All of these qualities (and more) were what I was looking for in a residency program. I wanted a place I would feel comfortable to grow as a physician. It was also important to me that I would be able to have amazing/ worthwhile clinical experiences and learn a ton! This is exactly what I found here at URMIC!
- As a medical student, I came to admire attending physicians who were (and currently remain as) IM program directors. I developed a conviction that despite any of my shortcomings, the program directors would always support and help me. I am happy to say that this proved to be true. Perhaps more importantly, the program was willing to accommodate to my family's circumstances and provided an opportunity us to be together.
- Great training program with such a great culture that was very apparent on interview day.
- URMIC offers a top-notch academic program in which I knew I would learn to be a highly competent and compassionate clinician. In addition, Rochester offers a fantastic quality of life. There is great access to outdoor activities, good restaurants and breweries, people here are friendly and cost of living is affordable. I couldn't ask for a better program or location for my residency training!

- The culture here at UPMC, especially in the internal medicine program, was the most impressive and impactful aspect in my decision to want to come here. It is known as a strong academic program, but the friendliness and supportiveness with which teaching and learning is done here is what distinguished to program so far above all others. Also, having gone to medical school in Syracuse, NY, I believe upstate NY is extremely underrated and loved the location and all the outside-of-work enjoyment it offered.
- The people seemed welcoming. The residents looked happy to be here.
- Emphasis on education, intimate size, wide variety of specialties to rotate through, close community of kind and thoughtful residents/faculty
- I love the people, the culture of the institution and I really appreciated the excellent and innovative approach to medical education.
- I will be completely honest. I have spent my entire life in Upstate NY, and was planning on leaving the region for residency for a few years. However, after my interview day at UPMC I knew without a doubt it was the place I wanted to be for residency. I was immediately struck by the warm and inviting atmosphere of the Medicine Department at UPMC, and the true sense of community and support. I also wanted to train at a program that was at the forefront of academic excellence in graduate medical training, and I knew that by coming here for residency I was setting myself up for success in my future career.
- The family feel, Collegial and supportive, Priority on resident education
- I love how UPMC has a great academic IM program with a warm and welcoming environment!
- The people.
- Excellent program to learn Medicine. Feel that the combination with HH and SMH allows us to see very broad presentations of diseases, as well as different complexity of cases which is very important too.
- I loved the atmosphere at the interview dinner. I felt like the residents were really close and worked hard but also had a lot of fun.
- I was so impressed by the residents during my interview and how highly they spoke of each other, the program itself, and the leadership within the program. I also couples matched here with my wife who's in the obgyn program
- It is a highly respected, academic program with very happy residents and faculty who are genuinely committed to residents' education and development. UPMC is also deeply rooted in the community and values a more holistic approach to medicine. Also, I loved my interview day. I had a gut instinct that this program was a great personality fit for me!
- As a former medical student at UR I knew the department was impressive and had a great culture of education.
- UPMC has a vast array of academic opportunities combined with a camaraderie among residents and faculty that was hard to beat.
- seemed to have genuine people invested in residents, lunch provided, checked all the boxes in terms of fellowship opportunities, research, etc

- Everyone I met on my interview day was kind and down-to-earth. Great balance of excellent clinical training and quality of life, too. I was looking to train in a small/medium city with nature/hiking close by, and Rochester perfectly fit the bill. I also really liked the overall organization of the residency program with the 6+2 block schedule (three 2-week inpatient blocks followed by 2 weeks of ambulatory).
- The URMC internal medicine residents, staff, and faculty are incredibly supportive of each other, while promoting education and wellness. Additionally, the program takes resident feedback seriously. Furthermore, there are always mentors who are ready to work with us on research or QI projects
- I had a fantastic experience during my away rotation at URMC and really enjoyed working with the residents, fellows, and attendings
- The people and culture at URMC are phenomenal and both stood out to me on the interview trail.
- URMC is the best fit for me, as I hope to practice in the Upstate/Western NY area that my family and I call home. The people I met in Rochester during the interview process felt supported and encouraged to explore their interests
- It's home! Simple living, affordable. Also great training and medical education
- I chose URMC because from the structure of the rotations, approachability of the faculty, and enthusiasm of the residents, it was clear that the residency program prioritizes resident learning, experience, and overall well-being.
- I <3 the people here. I was a med student here and actively tried to be open minded and not to choose U of R, but in the end the wonderful people, opportunities to learn from specialists in every field and diverse population here made me decide to rank it #1.
- I was most impressed by the morning report I attended on interview day. Everyone sat in a conference room around the same table. Every single resident was engaged and had intelligent things to say about the case presented. The feeling in the room was so different from morning report other schools. I wanted to learn in an environment like the one I witnessed there.
- I felt great about the people I met. I could tell the residents were happy and treated well.
- Great place for families with kids, fantastic public schools. Opportunities for my wife to get more training at Eastman.
- Excellent program all around, prioritizes resident wellness and superb academic medicine instruction. Perfect location in WNY with access lakes, beaches, waterways, wineries, breweries, ski areas. Rochester is a historic city, with lots of culture, arts and a wide variety of good food options.
- 'tis home. Plus the co-residents are perfect.
- Multifactorial (the residents, location, cost of living, ease of getting to nature)
- Culture - the culture of the city of Rochester as a whole has permeated the program. People are exceptionally friendly and approachable (from the ancillary staff, to the nurses, to your peers and supervisors) so that everyone can trust and rely on one another in an environment of mutual respect.
- Family - my whole extended family is in upstate NY and this brought me closer to them

- People - Upstate NY is extremely welcoming and it's people are the good sort that make you want to do the best you can for them. Area - the natural beauty of upstate NY is hard to beat. Adirondack state park, the finger lakes, Ithaca are all very close by
- I felt a strong sense of camaraderie, support, and community. The residents were happy and excited about their work. I felt that I could grow clinically while being supported. I also was struck by the way the program was receptive to feedback.
- Even though my boyfriend is a second-year medical student here I fell in love with the beautiful scenery, the people, and the residency program here as a whole. The program director is probably THEE BEST in the country. The culture is A1 and the emphasis on wellness is not just talk. The people truly care here and it resonates from the top down.
- General fit, strength of program, medium-sized city with low COL, couples match
- Rochester seems to do a great job of picking friendly and easy to work with residents, that was evident on interview day. Additionally Rochester has a great location with close proximity to the finger lakes, a major airport with direct flights to NYC (home for me) and other major cities. Its a growing/lively city with a midwestern kind of feel. There is so much Rochester and Central/Western NY pride.
- The people!
- I was impressed with both the quality of the program, and how our program director and leadership team truly care about the well being of the residents. One thing that really appealed to me was that the residents have the opportunity to work in two different hospital settings, Strong and Highland. Lastly, my husband grew up in Rochester, and after many visits to the area, it has come to feel like home to me as well.
- URMV provided me with everything that I was looking for in a residency. First of all, I love Western/Central NY. URMV also has a great fellowship match, they produce great physicians, the curriculum is very educational and hands on, but most importantly, the camaraderie. The residents and staff here are all so friendly and make me look forward to coming to work everyday.
- As cliché as it may be, it was the people in the program and in the community that ultimately led to my decision to do residency at URMV. Everyone was so approachable and dedicated to teaching and learning.
- Our residents and faculty are smart and hard working but also extremely kind, humble and always up for sharing good times outside of the hospital. Our hospital is big enough to get constant exposure to interesting and unique cases but small enough to feel like you are part of a community here.
- collegial atmosphere with everyone genuinely wanted to help each other, great medicine with diversity of patients and pathology.
- The people!
- I was so impressed by the people at URMV. I felt that they were truly a collaborative group, across specialties, and within their own department. I also knew that due to the number of fellowships URMV offers I would get a well rounded residency experience and good training to prepare me for fellowship (and I could possibly stay at URMV if I wanted!).

- I was excited about the primary care track and how much time I could spend in continuity clinic and outpatient electives
- A true commitment to resident wellness from the top to bottom of the administration and a great collegial culture. Fellow residents are truly fantastic people!
- Really enjoyed my interview here, excellent faculty and residents, great program reputation, close proximity to my house
- I loved Rochester when I was an undergrad here, and I even worked in the ED for several years. It is a structured academic program with amazing faculty. The residents are down to earth and work very well together.
- Great academics, camaraderie, career and fellowship opportunities
- The kind, open, and welcoming culture among the residents, also, the faculty cares and AOC cares about us residents
- program reputation, people I met on my interview day
- When I arrived at my interview day/pre-interview dinner I knew this was the place for me. The culture of the program is supportive and focused on resident well being which really stuck out to me. The program is also set at a large academic center with a clinically diverse population allowing for excellent learning and for career advancement opportunities
- I could sense the supportive culture and closeness among residents and program leadership on my interview day which has proven to be true again and again throughout intern and PGY2 year.
- I chose the residency at URMC for several reasons. I have lived in Upstate New York my entire life and it is no secret the URMC is the best hospital system in the region. I was impressed by the program's strong leadership and support of the resident's well-being. In meeting some of the residents during my interview day, it was clear that everyone thoroughly enjoyed the program.
- The residents and the program leaders drew me to Rochester. The internal medicine program really does feel like a second family where people go out of their way to ensure you are happy and successful
- Culture, incredible people
- For me, it was the opportunity to receive world-class training amongst genuinely caring and supportive people. The fact that I grew up in the region and knew what an amazing place Western New York is was an added bonus
- Wonderful people. This can't be overstated. The people are incredible. We have excellent teachers and leaders. In addition to this, Rochester has a great climate of learning and teaching.
- The culture and people is what stuck out to me the most. It seemed like a very welcoming program that takes the residents education seriously. The opportunities for fellowship and further training were also factoring into my decision.
- I chose URMC because of the people! Everyone was so friendly, and it was clear that the people here had a great work-life balance! I was very attracted to the 6+2 model and the primary care track.

What's your favorite thing about our residency program? -

- The people, and a schedule that allows work life balance during residency. I appreciate that our program stopped requiring 24-hour call schedules, I think it shows how much our administration values its residents' mental health and well-being.
- Honestly, my co-residents. Second I think we have very fair work hours without compromising education. We have incredible teaching hospitalists. Third, plenty of opportunities for moonlighting (if you can't get enough of medicine at UR!).
- The people!
- It is the reassurance that my "why" or "what about this" will always be met by a constructive and supportive discussion with any attending. Did I mention that our program made a huge effort to cap our interns at 7 patients until September... AND thereafter cap at 8 to promote learning?
- The people!
- My favorite thing about our residency program is the supportive, collegial and fun atmosphere.
- The camaraderie amongst our residents and faculty. I can't speak more highly of the support that we show each other, day in and day out. It's the kind of place where everyone is happy for each other's achievements
- My co-residents and the faculty. Everyone is really nice and has your back.
- The people! (Bet this is a very common answer!)
- The people! Our co-residents are amazing as are our faculty and support staff.
- The residents, and the attending staff! I have enjoyed every minute of getting to know my co-residents, and colleagues since starting my training here. Everyone in the program has such a unique and interesting background, and are just amazing people to be around. I feel like I am part of one big extended family that looks out for each other on a daily basis. Especially going through my intern year during the onset of COVID, I feel like I could rely on them for anything and everything without a doubt.
- The residents! Flexibility to align with your interests Lots of elective time to align with your career goals
- My favorite thing about our program are the incredibly smart, talented, and kind residents and faculty members.
- The faculty and co-residents
- Environment between the residents and the Faculties is awesome. Nobody is judging you if you do not know, which helps you to thrive. Everyone is always willing to help you!
- The camaraderie and friendly atmosphere by far. There is a strong sense of teamwork and looking out for one another in our residency program. It's also fun to come to work when you can laugh and bond with your co-residents.
- The residents!
- The other residents! I genuinely love getting to know all of my co-interns. The R2 and R3 have also been incredibly approachable and friendly. Overall, I have found that despite working long hours and sometimes feeling overwhelmed and stressed out,, the residents at URMV foster an environment that is supportive and enjoyable. (This has even been

true when working with residents in other programs, ie family med residents at Highland) -

- Openness of the faculty and program leadership to listen to the residents and make adjustments as needed to improve our education.
- Our co-residents and faculty are extremely supportive, and the residency program does a lot to promote wellness.
- open and approachable faculty, great location (livable city with decent amount going on, and Wegmans), program had excellent reputation, felt the interviewers genuinely interested in me and having me in their program
- The culture of genuine caring
- All of our wellness activities from our intern retreat to Letchworth park to our happy hours every clinic block.
- The people!
- The People
- My favorite part about UPMC Internal Medicine is the people. Everyone has a positive attitude; everyone collaborates to care for patients, learn together, and grow together. The attention to the social determinants of health and interdisciplinary approach to problems is motivating and fulfilling.
- The people are incredible, kind and committed to education
- I love the work dynamic and culture within the program, and within the hospital in general. The people, faculty and residents alike, are incredibly supportive, approachable, and constantly helping each other out, for the benefit of patient-care, as well as resident-wellness.
- The amazing co-residents
- The people! Our program leadership is incredibly supportive. My coresidents are fantastic.
- The diverse training opportunities within the primary care track and its 4+4 schedule!
- The people, top to bottom.
- The residents and the comradery within the program
- The people. The culture of respect (as I mentioned above) makes working with the people here a true pleasure on a day-to-day basis. When something goes south, I can absolutely rely on my colleagues to help out and I would do (and have done) the same.
- The residency is very open to feedback and consistently works to grow and improve. I also really appreciate the people. When I started intern year, residents would actively come up to me to ask if I needed help with anything. I felt welcomed and supported.
- The culture. The supportive nature, the care, the collaborative teams, the education. Hands down best residency in the country.
- Focus on residents' wellness and receptivity to feedback
- The residency from top to bottom is extremely well run. Faculty truly values the residents and their input. They are fully invested in making the residency as great as they can. We work hard while at work but we have a tremendous work life balance.
- The people! And the two-week blocks schedule.
- I love the people I work with!!

- The people. The attending's are very supportive and are all very approachable. You and your co-residents end up becoming so close its like a tight knit family.
- I love how our program is so receptive to feedback, adaptable in times of crisis and change, and committed to education.
- Our co-residents and chief residents really make this program great. Our program administration treats us extremely well with regards to scheduling, flexibility, support and free lunches!
- The people from staff to co-residents to attendings
- The people I get to work with every single day
- I am impressed daily by the intelligence and humility of our residents. I am constantly learning from my colleagues, and can always go to them for advice and help. It is such a nice environment, I love learning here.
- Getting to work in a collaborative and supportive environment with great people.
- The faculty and residents
- Autonomy, especially on the floors. Great, relevant didactics. Wonderful co-residents!
- My coresidents
- The people
- the people and culture
- My co-residents. They are universally supportive, hard-working and intelligent which supports a great morale and overall culture.
- Unwavering support from our program leadership
- My favorite thing about our residency program is how everyone gets along so well. I am not sure what type of magic Dr. O'Connor performs to accomplish this, but every single person in our program has similar attitudes and goals that ultimately creates a very positive and supportive work environment.
- The ability of the program to respond to the residents needs in a timely fashion. In just the last two years alone the program has changed for the better in response to resident feedback.
- The support and care for our wellbeing
- The people, hands down. I love my co-residents, our chiefs, our administrators, and our faculty. I think there is a strong culture of caring here- you work hard and feel supported at the same time.
- I enjoy the collegial atmosphere of the residency. I do not feel like I am in a competition for research, clinical activities or projects, or faculty mentorship.
- Definitely the people so far!
- Once again, the people! Everyone is great to work with from program leadership to attendings to co-residents. I also appreciate the program's desire to help me meet my goals. For example, I am interested in home health and home visits in my future practice and I've been able to create a longitudinal home health clinic into my ambulatory schedule!

Why would you recommend this residency to others? -

- It is a great place to learn medicine from attendings who I respect and hope to emulate in the future. It is also a place where learning is valued, and you are never faulted for admitting you do not know something.
- It's more than a residency. We really are family. I always feel well supported. Also the learning is incredible and we are treated SO WELL! I have never not felt appreciated.
- I would recommend this residency to others because diversity is important, and this program has put every effort to promote it. I will also recommend if you want to be surprised at how great of physicians our residents are expected to be, beyond most can imagine, yet we are fostered with smile and pat on the back each and every day.
- Our program really places a strong emphasis on resident education and the clinical training is excellent. The program leadership genuinely listens if we have concerns and works with us to try to fix them. The culture of the program is one of collegiality, and I genuinely love working with my co-residents.
- I would recommend our program to those who are looking to train at a strong academic medical center with a diverse patient population, supportive faculty and co-residents, balanced with a focus on wellness and quality of life.
- This program will give you as strong clinical training as any other program all while emphasizing a healthy work-life balance. Our program is well organized with strong leadership and extremely well supported within itself as well as by the hospital system.
- It's a great program. You'll work hard, but you'll be alongside some of the greatest people. The program looks out for you as well.
- It is a program that deeply values its residents wellness and education and actually shows it. Our faculty and administration are extremely responsive to any feedback, which shows me that they value us and our opinions. Everyone is committed to helping others; these are the kindest and smartest people I've ever met.
- Rochester is an amazing place to learn and grow. We see all the intense and bizarre medicine cases you'd want to see in residency training, and our program's approach to education, wellness and patient care make it a phenomenal place to work.
- For all of the above reasons. Amazing people, a great learning/work environment, and of course free lunches!! (How could I forget). Also, Rochester is a great city to live in while training due to the cost of living, and access to so many fun activities in the city itself and Upstate NY as a whole.
- Affordable city. Family feel. Supportive program with a great program director. 6+2 with ample elective time in second and third year. Focus on education
- I would recommend this program to others because you will work/learn in a supportive and stimulating environment that will allow you to pursue whatever career plans you may have!
- Excellent education and balance personal life
- great exposure of medical cases, great place to live, and great place to work. It feels like home.

- Yes! I think this is a great program that is very resident centered. I feel that both the leadership and my co-residents really care about me. I think we get exactly the right amount of support which both challenges me and makes me feel safe. However, the biggest draw for me is the camaraderie between my co-residents.
- The program is incredibly well balanced and gives you the opportunity to learn in a safe and challenging environment. Senior residents and your peers always have your back, and encourage you to push yourself and learn.
- Excellent clinical training and happy residents in a cool city
- Good work-life balance, complex patients to manage, and collegiality.
- This program provides ample academic opportunities to challenge residents intellectually, while also making a genuine effort to create an environment that is a lot of fun to learn in.
- supportive environment, great place to live, residents are not taken advantage of
- This residency program is the perfect balance of excellent clinical training and quality of life (great location, sane schedule compared to other programs, lots to do around Rochester).
- Our internal medicine residency program, which is grounded on the biopsychosocial model, develops well-rounded, compassionate residents and provides residents with the opportunity to focus on specific tracks if interested, such as the Primary Care track, Research Option, Global Health Pathway, etc. There is also the flexibility and faculty support to create electives to support any specific individual interests.
- URMC provides a great learning environment. There are so many opportunities, and the program is extremely supportive.
- Because it is a wonderfully supportive culture to train in and an amazing community to be a part of.
- Great balance of work and life in spite being residency. Amazing teachers and great clinical experience.
- The work environment here fosters learning and collegiality. The schedule is thoughtfully structured to support a good balance of work and wellness.
- There are amazing people here at U of R. Co-residents are always willing to lend a hand. The program leadership is very responsive, open to feedback and advocates for its residents. There are great attendings, a good balance of work and teaching and many opportunities to teach as well. U of R has fellowships for all the major specialties, which gives indecisive people like myself ample opportunity to explore. Oh - and free lunch.
- Rigorous but supported training in a medium sized program in a beautiful setting in the Finger Lakes region.
- Rochester is a fun and active city to live in with lots of outdoor activities at your fingertips. The internal medicine program is outstanding. The hospital culture is respectful and promotes learning.
- Again, the people - from top to bottom. It's also a first-rate medicine program without the unbearable schedule of some of the more cut throat programs.
- Great learning environment and support from the program

- This is a program where you will get the responsibility and independence that you need to become a good physician in independent practice. While doing so, you will benefit from a robust, supportive group of individuals who will be there whenever you need help (and enjoy teaching their newpeers).
- I wanted a program where I would receive a strong clinical education, where I would feel supported, and where I felt I could become friends with the other residents. This program encompasses all three.
- Absolutely!!
- Friendly and approachable faculty, small-sized program, exposure to wide range of pathologies as safety net hospital, some side perks (moonlighting, free lunches)
- Undoubtedly. If I were to go back to 4th year medical school I would absolutely choose Rochester as my #1 choice again. I wholeheartedly think we have some of the best staff and one of the best programs in the country. I would not want to train anywhere else.
- Amazing clinical experiences, great teachers, autonomy, wide variety of cases
- This program provides residents the opportunity to use what we learned in medical school, with the support of our Attending Physician, and senior residents. Our "X+ Y" schedule allows us to gain experience in both an inpatient and outpatient setting. While working in the outpatient clinic, we build continuity and lasting relationships with our patients. The inpatient experience allows us to fully immerse ourselves in academic hospital medicine taking care of complex patients with urgent medical needs.
- URMC Internal Medicine allows you to do what you want with your career. Whether its academic medicine, a fellowship, research, global health, etc... This program will support you and help you figure out the best way to achieve your goals. Also, once again, the people here are amazing.
- URMC internal medicine residency program prepares you for the career of your choice, is committed to education, and is responsive to resident feedback.
- All of the above are why I would recommend this program to others. We have a great community here, a lot of support when needed, but also independence. This program makes not only great doctors but all-around wonderful people!
- All of the opportunities you could want are here academically in a fun liveable city with authentically kind people.
- You will be busy and work hard while learning how to be an exceptional physician, have more fun than you imagined, and make lifelong friends
- Rochester is a great place to learn. The attendings are so approachable and down to earth that it makes learning easy and fun. There is a wonderful variety of patients which was not expecting. The program is a good size, not too big or too small. You have a great balance in your schedule, and even as an intern, you are not on call all the time. You do get some weekends free which is nice. Also, for people with non-medical significant others, Rochester is a great place to live. There are plenty of outdoorsy (and indoors) things to do, great restaurants, a good school system, and the cost of living is very low. Rochester is a great place to live and learn!
- I've just started but I've already had a lot of great seniors who were always there to help me with questions and work through problems more efficiently.

- We have excellent learning opportunities here! I feel like I can confidently make medical decisions, but can always ask for help / support when needed as well
- It's a great town, and the hospital is an integral part. You will be learning from great teachers
- Amazing environment to learn and grow, constant opportunities to become better, leadership that has proven over and over again that they can guide us through challenging times and adapt
- The people, you will make friends and feel at home, with a new family away from family
- broad clinical exposure, supportive faculty and co-residents, very manageable city to train in
- Supportive program leadership, excellent learning with medically complex cases with diverse pathology all set in an affordable city with much to offer.
- I can't imagine that there is a better residency program out there than what we have at URMC. The administration is supportive and willing to go the extra mile to make sure our learning is the top priority. The culture of our program and URMC as a whole creates a very positive environment that makes me excited to learn and practice medicine!
- A genuine sense of support from program leadership. I feel they truly care about our well-being and try to support a work life balance as much as is possible while in residency. I can't imagine being anywhere else for residency!
- Our program offers the unique experience getting to care for a large variety of pathologies (due the large geographical region we service) and truly learn from those experiences without getting burdened with unnecessary busy work. The team caps of 8 make sure you see a diverse population of patients and still have enough time to read about them.
- Smaller hospital with incredible learning opportunity. Not overworked so able to truly learn
- One of the keys to successful residency training is being able to be open about what you know and what you don't so that you can continue to develop. Our program has such a strong tradition of deeply caring for and supporting residents that it extends even beyond the residency program faculty to include the nurses, advanced practice providers, social workers, and respiratory techs who work with us every day. I have learned so much from all of these amazing people because collaboration and mutual respect is supported and expected here.
- For all the reasons listed above! I don't think you can find a better Internal Medicine Residency. At Rochester, you will be challenged and molded into an incredibly skilled physician and diagnostician.
- Being just an intern I am definitely not in the best position to answer that, but the way the program and everyone has welcomed us – definitely yes
- Absolutely, yes!