

Things to consider when choosing your Family Medicine Sub-I

Sub-I's are a valuable opportunity for you and a residency program to get to know each other. A FM sub-I is encouraged strongly if you are considering applying in FM. A FM sub-I will fulfill your Advanced Patient Care Clerkship Requirement.

You only need **one** letter of recommendation from a family physician for your FM application, and you do not need a departmental or chair's letter.

Be careful of generalizations! Every site is unique. These tips are just a start to help you make your decision. Wherever you go, the more you engage in your learning, the better your experience will be.

1. Timing of sub-I

Early sub-I (Mar- Aug) results can contribute to your ERAS application. They give you a chance to get a letter of recommendation for your ERAS application. A good grade on your sub-I can also be a plus for your transcript. **We encourage an early sub-I if you don't think that your FM clerkship faculty will write a good letter for you, if your FM grade was a pass, or if you are trying to decide between FM and another specialty.**

If none of these conditions apply to you, a later sub-I (Aug- early Feb) offers a good chance to get to know a program that you would like to apply to and can be easier to schedule since they're not as competitive. This may give you a better chance of getting the residency of your choice.

Obviously, it is important for you to perform well. Sometimes programs will offer to interview you while you are there for your sub-I. **A later sub-I can help your application anytime up to early February, when programs and applicants submit their rank lists.**

2. Which program is right for you?

Do a sub-I at a program that you may apply to or an area you would want to live in. For example, if you know you never want to live in Seattle in the future, don't choose a Seattle site.

It can be helpful to think about what type of FM program would be a good fit for you. Think geographic location, program characteristics (eg., academic vs community programs, more or less OB), size, etc. Some programs have special tracks (eg, sports medicine) for residents and may have affiliated fellowships (eg, addiction medicine).

3. Special circumstances

If you have had significant academic challenges during medical school (eg, STEP failure), it is a good idea to speak to a FM departmental advisor to devise a sub-I strategy together. Click [here](#) to make an appointment.

4. Here is a list of our sub-I sites: <https://depts.washington.edu/fammed/network/affiliated-programs/>

Keep in mind that a sub-I has to take place at a residency program or a rural training track (RTT) so not all of the programs on this webpage would qualify. If you are unsure, contact the Dept of FM; famed@uw.edu

5. Thinking ahead...

If you are considering applying in FM, the departmental advisors are also a resource for you. Click [here](#) to make an appointment.

We wish you a wonderful Family Medicine sub-I experience!

FAQ -----

- 1) Should I do a sub-I even if I honored my FM clerkship?

In addition to the other points above, sub-I's demonstrate commitment to the specialty, so it is still a good idea to do a sub-I, especially if you are thinking of staying in Seattle, as some of these programs are very competitive. That way, you can make a good impression on your sub-I and increase your chances at matching at that program.

- 2) Can I do more than one sub-I?

You can, but you don't have to. You may not get your very top choices for all of them, but we try to help accommodate student requests. The limit for FM sub-I's is three.

- 3) Can I still apply to FM if I don't do a sub-I in FM?

Yes, it is possible and some students do. If you do a sub-I in another specialty that you feel would benefit you as a family physician (eg, general surgery) make sure to address that in your personal statement.