

## <u>Celebrating Match Day 2025: Radiology</u> <u>residents share advice for residency</u>









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## Match Day 2025 is March 21, and Radiology Partners (RP) extends heartfelt best wishes to all medical students awaiting this momentous day. Congratulations as you embark on this exciting new chapter!

On this highly anticipated day, fourth-year medical students learn where they will begin their residency training. This milestone follows a months-long process of exploring the specialty in which they want to train and completing interviews and site visits at different healthcare facilities. Learn more about the <u>residency match process here</u>.

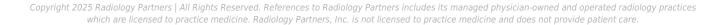
We asked radiology residents at RP-affiliated residency programs to share advice for Match Day and as residency training begins, particularly for those pursuing radiology. Read their recommendations and follow RP on X, <u>LinkedIn</u> and <u>Instagram</u> as we share throughout the week.

**Dr. Elizabeth "Betsy" Haberl,** Dell Medical School at the University of Texas Austin: "The road to reaching the metaphorical carrot of an attending position is long and winding. Here are a few suggestions to help maintain fortitude throughout your training. First, prioritize preserving your health. I recommend activity immediately after a day shift to let your brain reset before resuming evening cognitive tasks. Give yourself time to wind down and practice good sleep hygiene. You cannot be expected to pour out care for patients from an empty cup. When you show up to the reading room, adopt a growth mindset. Let go of your ego and fear of failure! Acknowledge your mistakes and aim for above average instead of perfection. Lastly, surround yourself with good people. Spending quality time with your partner, family or friends can be a reminder of your worth outside of medicine. Best of luck during your first year of residency."

**Dr. Veronica M. Pereira,** Hartford Hospital: "Always remain curious! You'll discover tons of new information that may be unfamiliar. Don't hesitate to ask questions and look things up. Embracing uncertainty will help you grow and become a skilled radiologist. Remember: Growth thrives in curiosity!"

**Dr. Chris Smith,** Aultman/Cleveland Clinic Mercy/ NEOMED Program: "Radiology residency can feel overwhelming at first, but don't shy away from reading studies. The best time to learn is during the weekday, when ample support is available. Take advantage of the structured learning environment and slower pace to ask questions and review cases in detail. Building a strong foundation with a good work ethic early on will serve you well during call and in independent practice!"

**Dr. Jackson Waldrip,** Hartford Hospital: "Radiology residency is long because there's so much to learn. Don't stress if you don't know something; mistakes are just learning opportunities. Make it a habit to learn from at least one patient every day, and over time, you'll be amazed at how much you've grown."





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