At Mayo Clinic, your success and satisfaction in training is second only to the needs of our patients. As such, we are open and eager to answer any question you might have regarding endocrinology training at Mayo Clinic Rochester. Here are answers to questions commonly asked by those who have not had the opportunity to visit Rochester or train here.

As a center founded on excellence in patient care, does Mayo Clinic only train clinicians?

Mayo Clinic has been and continues to be committed to the integration of clinical practice, research and education as necessary to obtain the best outcomes for our patients. Training the next generation of endocrine researchers is a present priority as part of this ongoing commitment. Our program has several unique features not found in most training programs and that favor those who chose to pursue an academic career.

- Our outpatient practice and most of the inpatient practice could function without fellows allowing education to be prioritized.
- Our internal funding allows us to be flexible and customize your training experience without as many pressures faced by other programs.
- Our unique clinical practice including integrated data systems for tracking outcomes of our local population for the last 60 years allows us to conduct unique clinical research and recruit patients for clinical trials and human studies.
Most important, the Division has many highly successful and well established primary investigators to serve as academic development mentors. As mentors and part of the greater endocrine community, the Division has been a national leader as evidenced by:

- The Endocrine Society: 5 past presidents
- American Diabetes Association: 5 past presidents
- American Thyroid Association: 9 past presidents
- American Society for Bone & Mineral Research: 3 past presidents
- American Association for Clinical Endocrinologists: 2 past presidents
- North American Association for the Study of Obesity: 1 past president

Are there equal opportunities for non-green card holders or non-citizens for a research career?

Although we have a NIH T32 training grant, our three year fellowship is internally funded so that highly motivated non-citizens can dedicate 12 – 18 months of their fellowship for research and academic development. US Citizens could use the training grant for additional post-doctoral years to extend their laboratory research training and to write grants or seek a K award.

Why a three year program if only two years are required for board eligibility?

For those interested in a research career, a flexible third year which offers more protected time for academic development, pilot studies, acquiring preliminary data, grant writing K award preparation, and preparation for a junior faculty position is necessary and desirable. Those choosing to pursue a Clinical Scholar track discover that a second year of clinical training allows one to grow beyond competent. Additional exposure to challenging cases, electives in endocrine
related disciplines and the opportunity to develop a subspecialty focus (e.g., thyroid neoplasia) under the guidance of expert clinicians proves invaluable when seeking to develop a niche within an institution, region, or practice. The key to value in the third year of training is our flexibility and commitment to align this advanced training experience with your career goals as determined by you and your career mentor. Ultimately, we have found a third year of training pays dividends for years to come.

**Given Mayo Clinic draws patients from around the world, will I mainly see “zebras”?**

We are the main healthcare provider for residents of Southern Minnesota, North Iowa and Southwest Wisconsin. While we have many national and international patients with complex and unusual disorders, fellows see plenty of “bread-and-butter” endocrinology especially in their first year. This includes a sizable immigrant population in Rochester that adds to the diversity of our employees and patients.

**Can my 'significant other' find a place to work?**

We realize that for many fellows a move to Rochester is influenced by the ability to secure employment or a position for someone close to them. Rochester is a growing city with a population exceeding 100,000. Mayo Clinic Rochester is one of the top employers in the region. Other major employers include IBM, the Rochester school system, and the local hotel/restaurant industry. The density of information technology infrastructure in the region makes Rochester an ideal environment for telecommuting. Professional services are also a prominent component of the work force. There is a consortium of institutions of higher learning in Rochester and several different school systems that serve K-12
— public and private. The cities of Minneapolis and St. Paul, which comprise a major metropolitan area, are within 80 minutes by car. Mayo's program maintains an informal network of significant others and family members in the various arenas noted above to assist and guide new members to our community.

**What is work-life balance like?**

Our large fellowship program provides flexibility in schedules and ready coverage should you need to travel to a meeting to present your work. The efficiency of Mayo Clinic and the extensive support provided to clinicians minimizes the time you spend helping your patients navigate “the system” and leave you with energy at the end of the day. The relatively low cost of living in Rochester lessens some of the financial pressures associated with prolonged training.

Work-life balance is also highly influenced by the nature of the people with whom you work. The "esprit de corps" is particularly rich within Mayo's training programs and one of the most cited positives at the end of the year. Consider that:

- 90% of trainees are moving to Rochester from elsewhere and all are looking for friends and people with whom they want to spend time.
- Many purchase a home because the cost of living is relatively low.
- Approximately 30% are single, 30% are involved in a serious relationship, and 40% are married. Approximately 25% have children.
- The size of the institution and number of other educational programs attract to Rochester a variety of people from throughout the world.
- More than 2,000 residents, fellows, medical and postgraduate students in Rochester.
- Numerous activities are organized to allow kindred spirits to find each other.