Q&A with Mayra Lucas Ramirez

As urology resident Mayra Lucas Ramirez reflects on her time in residency, she shares what she's learned along the way and what she's looking forward to next. She also reflects on her passion for teaching, recently recognized with a Teaching Excellence Award for Cherished Housestaff (T.E.A.C.H.) from the UCSF School of Medicine Class of 2026.

What have been your top lessons learned this year?

My biggest lessons have been the importance of teamwork and clear communication, especially as I have taken on more responsibility within the team. I have also learned to approach every experience with a growth mindset, seeking feedback, reflecting honestly, and viewing challenges as opportunities to improve.

What's next after residency - fellowship interests or career plans?

I genuinely enjoy the breadth of urology and have not yet committed to a particular fellowship path. I can see myself pursuing general urology, where I could continue caring for a diverse patient population, while also incorporating my interests in education and improving access to care.

What's one fun fact or outside-the-OR hobby you'd like readers to know about?

I love to run, and whenever I live in a new city, I tend to follow the same route and photograph the same scenic spot each time. At the end of my time there, I compile the photos into a short time-lapse video, a nice representation of my time in that city.

Any links to recent publications, presentations or awards we should include?

I was honored to receive the Teaching Excellence Award for Cherished Housestaff (T.E.A.C.H.) from the UCSF Medical School Class of 2026. This recognition was especially meaningful because I would not be where I am without the mentors who supported me, and I hope to provide that same support to others.