



Preparing for your Interviews

Responding to Invite

After years of preparing, you finally receive an invitation to an interview! You want to make sure that you proceed to the next step of the application process by being as prepared as possible.

Interview invitations come come through a phone call or, most often, via email. If you receive this information via a phone call, make sure you write down their instructions.

When responding to an interview invitation through email, **fully read the email** as it can contain instructions for interview day, location information, and other information that will be vital to a successful interview.

Respond to emails from schools as soon as possible. Be sure that you check your Spam/Junk inbox frequently throughout the interview cycle.

Sources: Franco, K., (2014). 5 ways to ace a medical school interview. US News and World Report. Retrieved from: <http://www.usnews.com/education/blogs/medical-school-admissions-doctor/2014/08/19/5-ways-to-ace-a-medical-school-interview>.
Health Professions Office. (2016). *The med school interview: A how-to guide to doing the best in your interview*. The University of Texas at Austin.
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Planning

Once you've confirmed your interview, you may need to miss 1-2 days of class. Make sure you inform your professor(s) of your absence and discuss how you can catch up with the course. Keep in mind that some schools may have activities before or after your interview day so make sure you accommodate accordingly.

Your interview day will likely be a full day of activities that will help you gain better insight into each school as well as your actual interviews. Be sure to get sufficient sleep to remain engaged and alert throughout the entire day.

Your interview day is when you can make an impression on admissions committees, professors, and other professionals. **Practice your handshake, dress appropriately, and act in a courteous and professional manner.**

Prepare

It is normal to be nervous on interview day! Reflect on what makes you nervous and identify what may trigger your nerves so you can avoid them on interview day.

During your interview, you want to make sure you **present yourself in the best way possible**. You should meet with an advisor or mentor to have a mock interview where you can **practice your responses to questions** and handle your anxiety on interview day more effectively.

You want to make sure that your responses, body language, and confidence **reflect the best version of yourself**.

Being invited to an interview is an important step closer to achieving your goal— make sure are respectful and courteous to make a positive impression.