Before interview day

Formats differ by school: traditional one-on-one, panel, MMI or a mix, in person or virtual. Your invite email is the final word, and the AAMC's MSAR interview policies report is a good place to compare schools. You've got this!

Know the format

- [ ] Format from the invite: traditional, panel, MMI or a mix
- [ ] In person or virtual (note the time zone!)
- [ ] Length of the day and the full schedule
- [ ] Anything due before the day (forms, a survey)
- [ ] Is the interview open or closed file?

Know the school

- [ ] Mission, in your own words
- [ ] The community it serves and its health needs
- [ ] 2-3 things only this school offers (MSAR + its site)
- [ ] Why this school, beyond the website copy

Know your application

- [ ] Re-read your personal statement
- [ ] Re-read your Work and Activities
- [ ] Re-read this school's secondary essays
- [ ] A plain, honest answer for any gap or weak spot

Practice out loud

- [ ] Tell me about yourself (about 2 minutes)
- [ ] Why medicine: the spark, what grew it, the doctor you want to be
- [ ] A time you worked on a team
- [ ] A challenge or mistake and what you learned
- [ ] One full mock interview with a real person
- [ ] MMI drills on a timer: short read, then talk
- [ ] Ethics prompts: talk through both sides first

School notes (what makes it different)

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Interview day log

Fill in the log the same day, while it's fresh. Future you (and your thank-you notes) will be so grateful!

Virtual setup

- [ ] Test camera, mic and internet the day before
- [ ] Quiet room, plain background, light in front of you
- [ ] Link, login and a backup phone number saved
- [ ] Notifications off, phone on silent

In person

- [ ] Route, parking and arrival time planned
- [ ] Outfit tried on the night before
- [ ] Water, a snack and your questions to ask
- [ ] Be kind to everyone you meet that day

Questions I was asked

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Questions to ask them

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Right after

- [ ] Names of everyone who interviewed me
- [ ] One thing we talked about with each
- [ ] Thank-you notes, if the school's policy allows them
- [ ] My gut feeling about fit, written down today