



How to prepare for a US residency interview?

DISCUSSION

Once you receive an interview offer, preparing effectively in advance is the only way to excel in your residency interview. Here are some tips to help medical students get into their dream residency:

INTRODUCTION

- ❖ As the residency match is getting more competitive each year, medical students must distinguish themselves from thousands of others in the residency interview.
- ❖ Data from the NRMP Program Director Survey calls attention to the importance of the interview on Match performance.
- ❖ Performance during the residency interview is the most important factor used by residency programs to rank applicants [1].
- ❖ Before diving into the interview preparation, it is essential to acknowledge that applying to the right programs is the key.
- ❖ According to some studies, completing away rotations in the program and selecting programs with which applicants have geographic connections are highly likely to receive interview offers [2]. This article has compiled some tips and suggestions that could help medical students navigate this challenging process.

METHODS

This research reviews data collected from various Residency Interview Training Programs for fourth-year medical students, the Plastic and Reconstructive Surgery Journal, and Texas Seeking Transparency in Application to Residency (STAR), a survey conducted on recently matched medical students to determine critical factors that help an applicant on interview day, making them better than the rest.

RESULTS

Data from the 2018 National Residency Matching Program's Program Director Survey highlight the importance of the interview on Match performance. Having a geographic connection to the program, having completed an away rotation at the program, being an Alpha Omega Alpha Honor Medical Society member, or having been inducted into the Gold Humanism Honor Society are all critical factors in obtaining an interview. On Interview Day, some essential tips include being prepared with details of the program and a short bit about yourself, being humble, confident, polite, well dressed, genuine and amicable, socializing with current residents and faculty, and enjoying the opportunity.

REFERENCES

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PRIOR RESEARCH ON THE PROGRAM IS A MUST!

Collect information about the program . Think about questions to be asked and topics to discuss with the interviewer.

- ❖ It shows that you are well prepared
- ❖ It shows excitement about the program
- ❖ It allows you to understand the program and their culture
- ❖ It helps them understand why you want to work there



A 60- TO A 90-SECOND SOUND BITE OF YOURSELF INCLUDING:

- ❖ An overview of yourself.
- ❖ How you can be an excellent addition to the program you are interviewing for.
- ❖ Standard interview questions [3]

MOCK INTERVIEWS

Katelyn Donaldson, Sruthi Sakamuri, and others developed a residency interview training program to prepare medical students for residency interviews. It included two 20-minute practice (mock) interviews, 10 minutes of face-to-face feedback from interviewers, and a few other practices in the training for the overall interview. Survey of Students' Attitudes After the First Authentic Residency Interview showed that they felt better prepared for the interview and had increased confidence and knowledge of the interview process [1].

Finally, according to Donaldson K and others, these are some red flags to be avoided in the interview:

- ❖ Poor communication skills
- ❖ Overly confident/lacks humility
- ❖ Sense that this is a "safety interview" [1]

CONCLUSION

We conclude that preparing for the interview in advance, understanding the significant factors, and following the simple steps mentioned in the article can help applicants use resources more efficiently to maximize their number of interview offers. Selecting programs with which applicants have geographic connections and completing away rotations in the program may increase their odds of receiving interview offers.

USE YOUR NETWORKING SKILLS

- ❖ Interact with the residents if possible!
- ❖ Ask questions about the diversity of cases, strengths, and weaknesses of the program and find out what the program is all about.
- ❖ This will be very helpful during the interview process, as residents can provide invaluable feedback about you and how you interacted with them.

PRACTICE COMMONLY ASKED INTERVIEW QUESTIONS

Try and be prepared for the questions in a way that can showcase your skills in being a team player, getting along well with others, working hard, admitting mistakes, and learning from those mistakes [2].

VIRTUAL INTERVIEW PREPARATION

As the 2023 interviews will be conducted virtually, practice with PGY1 residents who have just recently undergone the virtual interview process can better prepare applicants for virtual interviews, improve on-camera behaviors, and ameliorate challenges unique to the virtual format [4].



Can you tell me a little bit about yourself?

Why did you choose to apply to this program?

Why did you choose this specialty?

What made you want to become a doctor?

VERY FREQUENTLY ASKED INTERVIEW QUESTIONS



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