



Ten Tips for Interview Preparation

GEORGIA BESANT [MED 3, OTTAWA]

1. **Read “Doing Right.”** It is not necessary to read it cover to cover, but its helpful to skim through, with special attention to the first few chapters.
2. **Keep up with current events.** Canadian health care related news will come up. Try to start reading the news now and continue until your interview, if possible. If you’re super busy with school or don’t love reading/watching the news, try listening to news update podcasts while you’re on the go!
3. **Learn the CanMEDS roles.** You should know what the CanMEDS roles are and understand what each means. You can find lots of information about the CanMEDS roles online (<https://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>)
4. **Reflect on personal experiences.** When you are answering interview questions, it is ideal to bring in personal examples to make your responses more engaging and memorable. While preparing for your interviews, reflect on experiences that were meaningful, taught you something or had an impact on your life. These stories do not need to be medicine related, but it may be helpful to use the CanMEDS roles as a guide. For each CanMEDS role, think of times when you demonstrated the key qualities/skills related to that role. Practice incorporating these stories in your answers to different types of interview questions.
5. **Be confident explaining your research.** If you have participated in research projects, you need to be able to clearly and concisely explain the projects and your role in each. Practice talking about your research until you feel comfortable explaining it to family and friends.
6. **Know your ABS well.** Remember to review your autobiographical sketch before your interview, as it has been a while since you wrote it and some of your entries may come up during your interview. You may be asked about the activity you did for 10 hours, rather than the one you did for 1000 hours, so you should be confident talking about all of your entries in great detail.
7. **Learn SPIKES protocol.** SPIKES is an acronym used to help with breaking bad news. Look it up online and know how to apply it to a role play or scenario.



8. **Learn about the school.** You should be able to articulate why you want to attend the specific school at which you're interviewing. It's always helpful to talk to medical students who attend that school. If you don't know any medical students, try asking the Medical Mentor Community! Also, schools will typically distribute contact information of current medical students who are available to chat with you and answer questions about their school. Ask about the benefits and drawbacks of the school compared to other medical schools and make sure to ask about the city/town as well. If you can, try to chat with a few different medical students to get a variety of perspectives.
9. **Practice.** Practice answering questions about yourself, your goals and why you want to go to medical school. Practice role plays and scenario-based questions. You can look up sample questions up online and ask family/friends to come up with questions for you. That said, don't try predict what questions you will be asked—it is inevitable that some questions will surprise you, so your time is best spent practicing answering a variety of question types. You should practice on your own, with friends/family and ideally with people you don't know well. Ask the people you practice with to give you honest, constructive criticism. You can also do a mock interview organized by uOttawa medical students, which is an excellent opportunity to practice!
10. **Be confident!** The best thing you can do is be confident in yourself. You have made it this far and you should be proud! By the time your interview rolls around, you will have done the vast majority of the work. Be yourself, trust your instincts and you will do great!

