



# 3 THINGS I WISH I KNEW ABOUT THE MMI

SOPHY MO [MED 3, MCGILL]

## Prepare for interviews to build confidence, not to have all the answers

I prepared for the interviews going through common questions asked during interviews: Why medicine? What would make you a good doctor? I also tried to determine what actions I would take in numerous different situations. After the interviews, I had realized I gave none of the answers I had prepared. No matter how inventive you are, it is **impossible to predict what kind of scenarios you will be faced**. However, I was still very happy that I prepared answering questions as it made me **more comfortable in sharing my ideas in clear and concise answers**. It also gave me the confidence that I could find a sensible answer to most questions despite never encountering them during my preparation.

## The stress from anticipation is far worse than the stress during the actual interview

The day of my first MMI, I remember not feeling too nervous. However, after my dad asked me why the car was shaking, I realized I had channeled all my nerves to my left leg, which was trembling uncontrollably. I was sitting in my dad's car as I had arrived far too early to my interview and was waiting for the time to pass. Even after arriving at my interview location, I was still very nervous, but calmed down after getting to know the other applicants. As soon as the interview started, I somehow felt much more comfortable. I had **so much fun in the different scenarios**, to my greatest surprise! My friend the previous day had told me that MMIs were actually a lot of fun. I refused to believe him then, but my own experience proved that he was right! You are probably thinking that there is no way MMIs are fun, **but many applicants I've spoken all had a great time during their interviews**.

## There is no point in dwelling on the answers you gave after the interview is done

Some of my friends kept thinking about their answers to the questions asked during their interview and debating whether what they said made sense. **I personally did not speak about the interview at all after it was done**. I knew I had **done my best and there was no point in ruminating on the stations** that I did not feel I did as well. I bought myself ice cream with a friend and spoke about anything but medical school. The **wait between interviews and the final verdict can be long**. There is no point in making this period harder for you. No matter what happened, be proud of what you have accomplished. There is no point in dwelling in what cannot be changed.

