



# *Multiple Mini Interview (MMI): How to prepare and What to do on interview day*

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During medical school, I had the opportunity to be a rater for the McGill Multiple Mini Interviews (MMIs). It was a humbling experience to be on the other side of the interviews, remembering so clearly how intimidating and daunting it was to go through the MMIs. As I watched the different candidates interview, it became clearer to me what evaluators are looking for in medical school applicants. This short article will provide advice on preparing for MMIs and important things to remember on the day of the interview, based on my own experience going through interviews and rating them.

## **Preparation**

### **1. Practice every day**

There is conflicting advice on the amount of time candidates should spend practicing for interviews. While some recommend practicing as much as possible, others recommend limiting practice time to avoid sounding “rehearsed” or “not true to oneself”. In my experience, the more you practice, the more prepared you will be to answer questions, and the less likely you will get thrown off. Going through many different scenarios will help you feel more comfortable with the interview format and will allow you to draw from experience to help navigate difficult questions or scenarios.

### **2. Practice scenarios that make you uncomfortable**

Not only is the amount of time you practice important, but what you are practicing is equally as important. It is tempting to spend more time on subjects that you are comfortable with and know a lot about, but this is not what you need to work on! Take note of specific types of scenarios that you have more trouble with (e.g., situations in which you must manage conflict), and spend time working on improving your skills.



### **3. Practice with strangers**

When you practice with people you know, such as your friends and family, you may have a certain level of comfort which could lead you to take the situation less seriously. Try to practice with strangers to get a better sense of how you interact with people you don't know well and if you are able to naturally be yourself around them, as this will be the case on interview day. There are several online groups within undergraduate or pre-medical communities that meet and practice together. This is a fantastic free and easy resource you can use to help mimic the interview.

### **4. Be the evaluator for other people practicing**

I gained a great deal of insight when I was a rater for McGill MMIs. I noticed the difference that body language, facial expressions, and tone of voice can have in the impression someone can make in a limited amount of time. It may be very useful to watch other students practicing and make note of actions or words they used that you found worked well (or didn't) in order for you to use them during your own interview.

## **Day of Interview**

### **5. Smile and be positive**

It seems simple, but it is very effective. Smiling throughout your interviews, when appropriate, can go a long way. If two candidates give the exact same answers but one is smiling throughout the interview while the other is impersonal, interviewers will likely have a preference for the former. Show that you are happy to be there. It is a privilege for you to be attending an interview for a professional school you would like to attend, so make sure to transmit that sentiment to the interviewers.

### **6. Learn about the school**

Admission officers are looking for students who are interested in attending their medical school. Familiarizing yourself with the program, city, and unique features of the school will show your interest and help you decide on whether or not the school is right for you. Reach out to medical students who attend the school, attend information sessions, and ask questions to MMC mentors!

### **7. Voice your thought process out loud**

MMIs are short. You will not have the privilege of spending hours with the raters in order for them to get to know you. They can only evaluate you based on what they see during the 7-10 minutes of the scenario. You need to give the raters something to evaluate, so it is useful to articulate your thought process out loud and say or do more than you normally would.

### **8. Be creative**

Interviewers see dozens of candidates at a time. Most candidates give similar answers and act in similar ways, so it can be difficult to stand out. Try to think outside the box and be original; you will not be faulted for being a bit more creative with your answers. In fact, it will probably work in your favor as it shows that you can come up with solutions that other people would not have thought of.

