Matric 17 Advice

•Practice and prepare lots, take advantage of people you know who could mock interview

•Submit the applications of schools that you want to attend the most first so that you can decide whether to go to certain interviews or not.

•Keep in mind that interviews start in September and continue through the spring. As a result, make sure to buy an outfit that is versatile and comfortable in many different climates. In January, I had an interview in New Orleans followed by an interview in Vermont the next week. Make sure to practice interviewing with a stranger before going on actual interviews. Ideally, interview with someone who is on an admissions committee.

•Don't expect to hear from schools for a long time

•My general advice would be to prepare and practice before the interview, whether it is a "traditional" format or a MMI. If there are current students available during the interview day, ask them honest questions to get a feel for the student body and better understand the dynamics of the school.

•Take a deep breath and you'll be fine :)

•The interview is a chance to show them why you're passionate about medicine. Don't be afraid to show some energy and enthusiasm.

•Apply early, send relevant updates, don't get discouraged -- stay proactive!

•I stayed with a MS3 friend and found it provided a much better picture of the school...I wish there was a program for prospective students allowing them to stay with enrolled students.

•Don't be afraid to wear something a little bit different--not LOUD, per se, but it can be good to stand out a tiny bit!

•Unfortunately, I only went on one interview so I'm not sure that I can provide much insight. The interview day and the interview itself went very well with no hiccups. I suppose I would recommend arriving early to the school and appropriate location, scoping it out, perhaps even the day prior to get your bearings so you can be confident walking into your interview and sure of your location. Eliminate all possible stressors so you can focus on making a great impression during your interview.

•If there were a way to reduce travel expenses/time by scheduling back to back interviews at schools located near each other. For example, I traveled to DC twice for two separate interviews because I was given an invitation to interview at Georgetown after my GW interview already occurred. I am not sure if it would have been possible to coordinate. But if so, I would have liked to know about it beforehand.

•Try to stay with friends in the city you're in- it helped me tons with stress management and keeping costs down, rather than getting a hotel close to the interview site. Plus there's someone to tell you about the area.

•I was fortunate enough to know people that either were attending the schools I was interviewing at or living nearby. Staying with those individuals saved me a lot of money and if they were students, gave me a really honest opportunity to learn what life was like there.

•Check your junk mail and attend the earliest interview date offered. If I had, I may have been able to avoid late acceptances and paying multiple deposits.

•Practice being able to tell your story immediately and efficiently when simply asked "So, tell me about yourself". This line opened up nearly all of my interviews.

•That you can't trust a lot of people.

•It's easy to forget, but interviewers are human too. They want to be engaged with a genuine, interesting person. Act like you're talking to a professor or a friend's parent - speak professionally, but don't be afraid to smile and show your personality!

•Submit your primary application on the first day, only apply to schools where your cGPA, sGPA, and MCAT fall in the middle 80% range.

•Really just be yourself and see what vibes you get from the school (you're interviewing them too!)

•If you stay with a student host, make sure you are aware of the sleeping arrangements beforehand. Staying with a host is advantageous because you can ask a million questions (and of course it's free), but sometimes the sleep quality is poor, which can really affect your interview.

•Stay with a student if you want to decrease costs, but don't feel obligated to! If you want a good nice sleep guaranteed to be in a bed, pay the extra money for a hotel!

•Don't caffeinate too much!

•Breathe

•I have a couple, hope that's okay. 1) Prepare lots of questions beforehand, but also jot down additional questions that come up as you attend info sessions, etc, at the schools. Interviewers, current med students, basically everyone will be constantly asking you if you have questions. It not only makes you seem prepared when you have some, but it's a great way to take advantage of your physical presence at the school to learn as much as you can - so that later if you're comparing schools, you have those notes to look back on. 2) While you're there, really immerse yourself completely in the school and have fun meeting your fellow interviewees!! I loved being able to leave my phone, laptop, and outside responsibilities behind for an entire day and just enjoy visiting the school. The first one or two interviews might be a little scary, but other than that, interviewing turned out to be the most fun part of the application process.