Practice for Your Interview!
Pre-Health Advising Center

Please mute your audio and turn off your cameras (:
Agenda

- Why Interview?
- Types of Interviews
- Interviewing Tips
- Changes due to COVID-19*
- Practice!
  - Greet and Settle
  - Opening Gambit
  - Interview Agenda
  - Question and Answer
  - Closing
- Feedback
Why Interview?

- Assess compatibility
- Oral communication skills
- What your application does not say
- Address areas of concern
- Ask questions
Types of Interviews

- **One-on-One**
  - One applicant, one interviewer

- **Panel**
  - One applicant, multiple interviewers

- **Group**
  - Multiple applicants, one or more interviewers

- **Multiple Mini Interview (MMI)**
  - Multiple applicants, multiple interviewers

*These interview formats can still be administered online*
The Interview Process

Before the Interview

The Day of the Interview

After the Interview
Before the Interview

■ Visit/virtual tour* the campus
■ Review your application
■ Practice!*
  ■ PAC: Director and Dr. Maria Chun (medicine)
  ■ Mānoa Career Center: careers@hawaii.edu
  ■ Pre-Health Career Corps: phcc@hawaii.edu

*Schedule an online appointment to conduct a mock online interview
Before the Interview

- Research
  - School/program
  - Interviewer
  - Career field
- What are you going to say?
  - Opening gambit
  - Questions
Before the Interview

- Transportation and lodging (may not apply at this time)*
- Familiarization with the area/program*
- Find the exact location/link* the day before
Before the Interview* (Online)

- Find a quiet place
- Well lit area
- Be wary of your background
- Stable WiFi
- Time Difference (don’t be late!)
- Laptop level
- Earphones
Before the Interview

- Plan what to wear
- Comfortable and conservative
- Jewelry, tattoos, and personal hygiene
- Geographical differences*

*You should always present yourself in a professional manner; Do not take chances
On Interview Day

- Arrive early
- Be polite
- Greet interviewers
- First impressions stick
  - Make yours positive!
- Relax!
On Interview Day

- Stages of an interview
  - Check-in*
  - Greet and settle
  - Opening gambit
  - Body
  - Questions
  - Anything additional not covered
  - Close and thanks
Interview Tips

- Meet and greet
- Opening gambit
- Answering & asking questions
- Closing the interview
Meet and Greet

- Remember!
- Eye contact*
- Hand shake (not at this time)*
- Thank them for interviewing with you

*Practice looking at webcam when talking
Opening Gambit

- A few sentences about who you are
Answering and Asking Questions

- Make sure to have specific examples ready
- Body language!
- Chance to get questions about school answered
- Ask thoughtful questions!
After the Interview

- Follow up
- Send thank you cards/emails* to your interviewers
Sample Questions

How did you choose (health field)?

What do you hope to accomplish in life by becoming a physician/lawyer/pharmacist? What will you do with life if you do not become a physician/lawyer/pharmacist/etc? Why did you choose to apply to this school?

You are caring for a patient from the Middle East who has recently been diagnosed with uterine cancer. She and her husband arrive together for her next appointment, he accompanies her into the examining room (she does not object), and he demands to hear her diagnosis. How do you handle the situation?

If you were the governor of Hawai`i, how would you reduce physician shortages in the outer islands?

If you have 10 patients all in serious need of a treatment they can’t afford, but you are able to give it for free to half of them, who would you choose and why?

Have you ever coped with stressful situations in the past and how did you handle them?
Closing the Interview

- Hand shake (not at this time)*
- Thank them for their time
AAMC VITA

- Virtual interview program for the 2021 application cycle created to conduct safe interviews during the COVID-19 pandemic
  - Does not replace but complements the traditional interview process
- 6 questions: 1 minute to read and reflect and 3 minutes to respond
- Total seated time: ~35 minutes
- There is no cost to use VITA
- Useful practice tool and sample questions on website
Guest Interviewers

- Jolene Muneno, CoE
- Michelle Tagorda, MPH
- Naomi Arincorayan, MCC
- Steven Kumasaka, DDS
Now it’s Your Turn!

1. Breakout rooms
2. Remember:
   a. Meet and greet
   b. Opening gambit
   c. Questions
   d. Close the interview
3. Feedback
Break-Out Rooms
Questions?
Resources
Contact us!

(808) 956-8646
uhpac@hawaii.edu
manoa.hawaii.edu/undergrad/pac

Sinclair Library, Room 107
Thank you for attending!

Please complete the evaluation form!

Check out other pre-health workshops this semester

PRE-HEALTH WORKSHOPS

5 - 5:45 PM
PRE-MEDICAL ORIENTATION - TUES 9/1
PRE-HEALTH ORIENTATION - THURS 9/3
PRACTICE FOR YOUR INTERVIEW - WED 10/7
THE MCAT - TUES 10/13
THE GRES - THURS 10/15
HEALTH PROFESSIONALS PANEL - WED 10/21
SHADOWING & NETWORKING - WED 10/28
PRE-HEALTH SUMMER OPPORTUNITIES - WED 11/4

9 AM - 1 PM
MCAT PRACTICE TEST - SAT 11/7
GRE PRACTICE TEST - SAT 11/14

In order to follow social distancing protocols and prevent the further spread of COVID-19, all fall workshops will take place online, through Zoom.

Contact us:
uhpac@hawaii.edu
(808) 956-8646