

Top 5 Do's of Residency Interviewing

- 1. Be prepared:** Research the most common (and types of) residency interview questions ahead of time. For example, you should be able to give a one-minute response to the standard “tell me about yourself” question; describe the context of your life in relation to choosing family medicine, your professional goals, and how that all relates to your interest in a particular residency program.
- 2. Be yourself:** Family physicians work with people all day, every day, so they can easily detect if you are trying to be someone you're not in order to impress them. Be yourself so both you and your interviewers can get a clear picture of how you would fit into that program.
- 3. Have self-confident humility:** If you've got it, show it. There's nothing wrong with highlighting skills you feel would be beneficial to a particular residency program.
- 4. Express verbal and non-verbal interest:** If you don't act like you're interested in a particular program, your words will be less impactful. Smile, be confident, and make eye contact when providing your answers so the interviewers are clear that you want to be part of their program.
- 5. Make communication count:** Each contact point you have with each person in the residency counts. That includes staff and all communication or interactions outside the actual interview day, such as email and phone contact.



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