

VIRTUAL INTERVIEW GUIDE

For students and residents

CaRMS and MSM match interviews are all occurring virtually for the upcoming match - consider this guide as you prepare for your interview.

- **Minimize potential interruptions** (don't have your phone nearby - have it on silent, put pets in another room). If you may have an unanticipated interruption (i.e children, pets, etc), consider advising the interviewers at the start of the interview.
- **Connect with your video** if your internet connectivity will allow; consider making arrangements to do your interview somewhere with better connection if necessary. While you want your video on and visible to the interviewers, consider turning it off so you don't have to look at yourself - this can make your interaction more natural with the interviewers. Review the settings in advance so you can see how to do this ("hide self-view" in zoom – maybe add screen shot?)
- **Consider the location** of your interview and what your background is; aim for a neutral background as much as possible.
- **Dress the part!** Even though this is a virtual interview, consider your attire - and remember to wear bottoms!
- **Optimize your connectivity** - close all other apps on your device, check your audio and video, restart your device
- **Be prepared to log in 10-15 minutes prior** to the start of the interview in the event there are last minute connection issues
- **Practice your interview**, using your technology, with a friend or colleague in advance of the interview
- **Review the interview format** prior so you know what to expect (i.e multiple interviewers, multiple mini interviews etc.) and if there are any additional components to the interview
- **Review any overview documents/videos** provided by the program; prepare in advance any questions you may have about the program
- **Prepare answers in advance** to common questions (Why a particular discipline? What is it about a particular program? Challenges you have faced in training thus far and what you have learned from them, Experiences you have had with working in a team etc). As you prepare answers, think about specific examples to share. With preparing in advance, the idea is to practice and identify a number of specific stories but not to memorize your responses.

For more info, contact

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