

A black and white photograph of a medical professional, likely a doctor or nurse, wearing scrubs and a stethoscope. They are holding a large white clipboard with both hands. The clipboard has a silver clip at the top. The text "Medical School Interview Checklist" is printed in large, bold, black letters on the clipboard.

Medical School Interview Checklist

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After sending in your secondaries and waiting anywhere from weeks to months, you finally hear back. You've received a medical school interview invitation. Congratulations! Your chances of admission are looking significantly more favorable than they were a couple of seconds ago.

You've made it this far, and you know you're closer to that childhood dream of becoming a doctor than ever before. But the medical school admissions process remains cutthroat and intense. To maximize your opportunity, you are going to need the appropriate preparation. Use our checklist to make sure that you've done all you can to set yourself up for success in this intimidating third stage of the medical school application process.

Create a list of common interview questions and practice answering them through mock interviews with friends, family members, or doctors you know.

Read up and formulate your stance on major current events around the country and the world.

In a similar vein, inform yourself about medical issues currently at the center of the field and form solid opinions that reflect your values.

Prepare yourself to talk about your familial and professional background, as well as your personal interests.

Remember why you want to be a doctor, and be confident about it. If you don't sound convinced yourself, you can't persuade admissions committees. Know what interests you about medicine, and what specialty you're likely to pursue.

Research the interview format for each school and prepare yourself accordingly. If you don't know that a school conducts group interviews, but then are faced with one, you might be thrown off.

Practice debates with your family or friends on moral issues to make sure you can articulate your views.

Stay ready with questions that you plan to ask the adcom - these could be about why they chose their particular medical school, what they like about it, questions regarding particular programs, etc.

Review what you've written in your primary and secondaries. If your answers are inconsistent to the previous parts of your application, you will not advance further.

Practice appropriate body language. Don't slouch or fidget during interviews!

Admissions committees will take note of your every step, so make sure to leave a memorable first and last impression. Walk in looking professional, and confidently answer questions about your life and academic goals.

Thorough preparation and practice can go a long way in convince the interviewers that you're a good fit for their medical school. Best of luck!

Make a portfolio of any documents that you might need during the interview, such as your resumé.

Remember how you present yourself is important. Don't show up with messy hair, bad breath, or absurdly long fingernails.

Dress in appropriate formal interview-wear.

On the day of the interview, remember to wake up early and eat a nutritious breakfast - not too light, but not too over-the-top. Hydrate, and bring a water bottle with you.

It's very important that you show up **ON TIME**. Check and double check day-of logistics and make sure you set multiple alarms, have enough time to get dressed, and account for transportation.