

Virtual Interview Tips

FOR MEDICAL SCHOOL APPLICANTS



THE OHIO STATE UNIVERSITY
COLLEGE OF MEDICINE

As medical schools across the nation transition to virtual interviews with their applicants, the Admissions team at The Ohio State University College of Medicine has put together some valuable tips on how to make the best impression during your interview.

BEFORE YOUR INTERVIEW DAY:



- Make sure you complete any pre-work and prepare questions. Being unprepared will show.



- Identify a location in a well-lit room with a neutral background. Several video interfaces like Zoom allow you to choose a virtual background or to blur your background.



- Choose a quiet space where you will not be disturbed. Try to avoid any potential distractions.
- Consider using discreet earbuds with a mic for your interview if you're concerned about hearing the interviewer or the interviewer not hearing you clearly. Be sure to test them out beforehand.



- Make sure you have reliable internet access and a desktop or laptop that's compatible with the virtual platform your interview is being conducted on. Technical difficulties happen, so make sure you have an alternative plan if they do. Check Zoom requirements and internet speed:



- Zoom system **requirements**.
- Test your internet speed to see if it's suitable for video using **SpeedTest**.

DAY OF INTERVIEW:



- Schools should provide contact information in case something goes awry. Make sure you have that on hand.



- Dress as you would for a professional in-person interview, top to bottom.



- Give yourself plenty of time to join the virtual sessions. You'll probably feel more comfortable being there ahead of time. If you arrive early, treat it as if you arrived early to an in-person interview in which others can still hear and see you.

DURING INTERVIEW:



- Before the interview, make sure to close any computer applications running in the background.



- Use a stationary chair—nothing that swivels or rocks.



- Pay attention to your body language and positioning:

- Look directly into the camera to maintain eye contact. This is also less distracting than looking at yourself.

- Sit up straight at a good distance from the camera.

- Position yourself at eye-level so that you don't appear to be looking up or down at your interviewer.

Just be yourself! This is uncharted territory for everyone, so be patient and relaxed.