Congratulations, you’ve been offered an interview! While there is a huge relief to know you successfully made it to this stage, the real work is just beginning. Interview preparation is extremely important; never assume you can go into an interview unprepared and “wing it.”

**Research**
Do your homework. Regardless of the interview, you can almost plan on being asked, “Why are you interested in X?” Know what makes this program unique and how it fits with your interests and abilities. If you are applying to a lab, read up on the PI’s publications. If you are applying to a grad or professional school, read up on the curriculum and offerings of the school. If you are applying for a job, know the company’s business. Take notes as you research do you can review them prior to the interview. You will be surprised at how much information will be useful during the interview and mentioning something specific to the interviewer won’t appear planted or contrived.

**Physical Appearance**
Medicine is conservative, so dress that way. Avoid low cut blouses, short skits, anything exposing the stomach, and flipflops (conversely, don’t wear any more heel than you can handle!) Colors should be neutral (black, blue, grey). Jewelry should be discreet and kept to a minimum. Perfumes, colognes and aftershaves should not be used.

**Q&A Preparation**
Write a list of questions before the interview...never assume you will remember them. It is appropriate to bring a portfolio to the interview with a list of questions. Researching the site will be a tremendous help in preparing questions.

**References**
Take a list of references to the interview (names, titles, company, address, phone, e-mail, and if it isn’t obvious, how you know the person.) Ask permission to use someone as a reference and keep him/her updated as you apply for positions.

**Items to take to the Interview**
- Portfolio to hold materials (including a pen and a back up pen)
- Updated resume
- Notes from your research
- Questions

**Follow up**
Send a prompt thank you to everyone you meet. In the thank you, reiterate your interest and why you would be a good person for the position. While it is most common to send a hand written, mailed note, it is also appropriate to thank the interviewer by email. Sometimes the turnaround time is quick and email is more appropriate.

**Tips**
- Be nice to everyone you meet when interviewing, including receptionists assistants, other students, and others who may not appear to be directly involved with the interview. You are “on” 100% of the time you are at an interview site, even when you are only with peers.
- If a social event is part of the interview and alcohol is involved, refrain or drink in moderation, even if you are only with peers. Do not drink if you are under age.

Developed by: Lori Martensen, Program Manager  
www.medicine.osu.edu/bms  
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