

Virtual Interview Tips

Preparation for a Virtual Interview

- Virtual Platform
 - Download the virtual platform ahead of time on the computer you will be using on interview day and familiarize yourself with it
 - Check to make sure your mic/speakers work with that platform
- Scheduling
 - Make sure you have the right time zone when putting the interview in your calendar
 - Check to see if the school has other virtual events like virtual school presentations or tours
- Practice
 - Practice questions virtually with a friend, family, colleague or mentor
 - Consider using one of the platforms you will be interviewed on if you/your mock interviewer have access to it.
 - Use this as an opportunity to get your lighting and background ready
 - Plain background, probably best to avoid virtual backgrounds
 - Good lighting on your face
 - Position the interviewers face directly under your camera to allow for the impression of making eye contact
- Record your session
 - Consider recording the practice session so you can watch and pick up on areas for improvement both in your answering of questions and also in the way your interview space/lighting looks.

Day of Interview

- Treat it like a normal interview
 - Dress - Business attire as you would for an in-person interview
 - Arrive a few minutes early, especially to help you iron out any technologic issues if they arise.
- Write down the contact info of the program administrator so if an issue arises mid-interview you can contact that person
- Turn off notifications and close all other apps from your cell phone/laptop

Selected Interview Resources

1. The Association of Faculties of Medicine of Canada (2020). *Virtual Interview Handbook for the Applicant*. Available at: https://afmc.ca/sites/default/files/pdf/Virtual%20Interview%20Handbook%20for%20Applicant_ENG.pdf
2. The Canadian Medical Association. *CaRMS Prep: Preparing for your interview and Interview formats and strategies*. Available at: <https://www.cma.ca/resources-medical-students/carms-prep#part-2-jump-1>
3. Resident Doctors of Canada. *Six tips for acing the residency interview*. <http://residentdoctors.ca/wp-content/uploads/2015/10/Six-tips-for-acing-the-residency-interview.pdf>
4. American Medical Association (2020). Webinar: *Residency virtual interview: Planning and trouble-shooting. Applicant Tips from 32-40 minutes*. Free webinar, register here: https://zoom.us/webinar/register/WN_41pyXlh4SZO-joHelvw8sg
5. Behind the Knife (2020) Podcast: [Virtual Interviewing for Residency and Fellowship in the COVID Era](#)
6. Royal College of Physicians and Surgeons of Canada (2021). *CanMEDS: Better standards, better physicians, better care*. Available at: <https://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>

Questions for interviews:

Types of questions:

1. General Introduction Questions
2. Review your CV - you should be able to easily answer any question that arises about your own CV!
3. Situational Questions
4. Ethical Questions
5. Curveball Questions
6. CanMEDS Related Questions
7. Content Questions (rare)
8. Have a question ready to ask the program interviewing you (examples: [Don't Forget to Ask](#))

Examples:

Why general surgery?

What's your favourite operation?

What is something that you are passionate about?

If you could have dinner with any 3 people, who would you choose? Why?

Describe a time when you saw a patient dying on the table or a serious complication - how did you handle it?

What is something you personally will have difficulty with in a general surgery residency?

Who is someone you look up to - It can be personally or professionally.

What is something you had to give up in your pursuit of medicine/general surgery residency?

What was the best moment in your life?

Tell me about a situation when you thought to yourself 'this is all worth it'?

How do you let someone know you trust them when you are delegating an activity to them?

What profession would you choose if it were not in medicine?

If you couldn't be in gen surg, what speciality would you choose?

What type of books do you read?

What is your most significant non-academic achievement?

If you were a program director, what characteristics would you be looking for and why?

How do you deal with stress?

What makes you unique from all our other applicants?

What do you think will be the biggest challenge you will face during residency?

Where do you see yourself in 5 years? 10 years?