Congratulations- you have been selected for an interview for a position in the next class at XYZ University! As a former admissions officer who hosted countless medical school interview days, these are my top ten do’s and don’t’s for applicants as you move into this next phase of the admissions process. I can assure you that every piece of advice listed here is from experience!

**Do:**

* **Follow up on your interview invitation as soon as possible and select the earliest date.** There are more available seats in their class earliest in the admissions cycle, so take advantage of the earlier time for them to meet you!
* **Go prepared!** Re-read both your primary and secondary applications so you can answer, follow up, or clarify on anything that they ask about you. Also, learn as much about the school as you can before you go and write out any questions beforehand. No one wants to answer a question whose answer could be easily found on the website.
* **Read as much as you can (from veritable sources!) about what is going on in healthcare.** A lot is changing, and although you aren’t expected to have all the answers, they very well may ask you your thoughts. Think back to the topics and discussions from Dr. Powers’ class and be ready to have an intelligent conversation about current events.
* **Dress conservatively.** You want to be remembered for what you said and how you acted, not for what you wore. Wear a dark suit and comfortable, but dressy shoes. Now is the time to play it safe.
* **Roll with the punches!** The Admissions Office truly wants to give you the best experience possible, but things don’t always go as planned when working with healthcare providers and busy students. If your interviewer is running late or changes, be graceful. Again, you want be remembered for your positive and flexible attitude. That will speak volumes of your character and the student/provider you will become.

**Don’t:**

* **Bring a Parent/Friend.** You alone are interviewing for professional school; not your mom, dad, or significant other regardless of what they do for a living. They can drop you off, but they should find something else to do that day. Don’t be “that guy” with the helicopter parent when you are trying to prove you can be responsible for someone else’s health. (And they shouldn’t be making phone calls or writing emails for you either!)
* **Use your Cell Phone.** Turn it off before you walk in the building. Heck, turn it off before getting out of the Uber. You won’t know if the admissions dean or student interviewer walks by you as you are having an argument with your mom, but they will remember you later when they see you their office! You never know who you will meet along the way and what influence they may have, so be professional at all times.
* **Talk about other schools**. On this day, you are here 100% for this school and no other options should be discussed, especially with other candidates. If an interviewer brings this up, do not speak poorly of another institution. Be positive and professional even if they are crossing boundaries with this sensitive topic.
* **Separate from the Group (unless directed to do so).** Your interview day schedule will most likely be carefully planned and it doesn’t help when you go looking for a friend who is a current student or decide to give yourself a tour. Plan to meet up with your friend after your interview day or ask your tour guide about the planned stops on the tour. Don’t make the Admissions Office have to go looking for you.
* **Get too personal.** Sure, the student ambassador said you can ask anything, but be respectful. You don’t need to know what their MCAT score is and their family planning/reproductive choices are none of your business. No two students are alike, so their MCAT score compared to yours really means nothing and you will find the support you need in and out of school as you make personal choices that may affect your career. Your interview is just not the time to dig too deeply into someone else’s story.