Interview Workshop
Navigating The Seas:
Tips for Carms Interviews
Planning

- Check emails frequently to see if you have been offered an interview
- Practice Interview skills – CMA/AMA Dec 14 & Jan 11
- Westjet & Air Canada Discount – check
- Print Itinerary – up to date picture ID & a copy
- Make sure you know how to get to the exact location
- You are travelling across CANADA in WINTER
What To Bring

- Carry-On luggage
- Use Medical School Backpack
- CaRMS interview notebook
- Copies of your CV
- Copies of your letter
Preparation

- Review the program website
  - be prepared to express what you like about the program
  - be prepared to express what you would improve
  - have specific questions

- Good Sleep the night before – eye mask, ear plugs

- Business attire – bring 2 outfits
Be Social

- If you can, go to the social event
- Remember they are interviewing you here too & you are checking them out
- Do NOT get drunk
- Get to know the residents
- Maybe you won’t think it’s a fit
Interview Day

- Have back up plan to wake up and be fresh
- Business attire
- Be early – arrive 15 minutes before the scheduled interview
- Be kind to the Administrative staff & other applicants
- Be yourself
Types of Interviews

- Know your audience – the people interviewing you may not have reviewed your whole file
- Fire side chat
- Structured interview
- MMI
- Test – skills
- Residents input
Interview Q & A

Be comfortable with silence – think, then respond

Your answers:

- Demonstrate a real comprehension of question
- Demonstrate organization and logical reasoning
- Demonstrate maturity & broad thinking (insight, self-awareness, residency training)
- Demonstrates realistic expectations and goals
- Provide a position even if you don’t have a concrete example
- Demonstrates an understanding of the CanMED roles and the potential for acquisition of the competencies
Questions You May Be Asked

Pocket Books to come….

- Tell us about yourself? – can you distill this answer to one word?
- Why this program?
- Why this specialty?
- CanMEDS roles
- What do you do in your spare time?
- Strengths? Weaknesses?
- How do you handle stress? – give concrete example
- How well do you function under pressure?
- What will you do if you don’t match?
- Who are your heroes?
- Last book you read?
Questions You May Be Asked

Structured Questions

Examples:

Tell me about a time when witnessed mistreatment during clerkship? Or a time when you realized one of your colleagues was struggling? What did you do? What would you have done differently?

Tell me about a time when you disagreed with a patient’s management. What did you do? What would you have done differently?

What has been you’re biggest challenge in getting to this point? What did you do to overcome it?
Humour

- Careful
- Can be effective
- Non-offensive
- Double edged sword
Impression

Overall Impression will be based on the following:

- Communication skills – articulate, understandable
- Presentation of self – dress, demeanor, manners (professional)
- Likelihood of “fit” with the program
- Clinical and research potential
- Responsibility and Humility demonstrate strength

People remember how you made them feel more than they remember what you said
Post Interview Debrief

- Write in your notebook
- Review Questions and Answers
- Consider anything you would change
- Notes about the program
- How did you Feel?
- Have a running Rank Order List – Excel Spreadsheet
Be Thankful

- Thank the Program Director for the opportunity (email is fine)
- Thank the Program Administrator for being helpful
Finally

Be yourself!
Have fun!
Good luck!