



## American University of the Caribbean

### School of Medicine

## Making The Most Out Of Your Residency Program Interview and Personal Statement

Helpful tips from an alumnus in charge of his OB/Gyn residency program's interview committee

### The Interview

- Do not be arrogant during the dinner or interview. The program will not rank you.
- Be sure to attend the dinner. This is a must regardless of what the program tells you. You will be able to meet the residents and make an initial impression. Speak up and ensure that the residents will be able to remember you by something.
- Wear a suit or professional attire. Let the interview committee know you are serious about the position by dressing the part.
- Our top ranked applicants seemed to be applicants who had some of the following qualities:
  - Did a rotation in our hospital and worked hard. Got along with residents. DID NOT COMPLAIN
  - Seemed interested in coming to the program
  - Knew what they wanted to do. (i.e. did not say "I don't know" a lot)
  - Were pleasant to talk to.
  - Had average to high scores. (i.e. Step 1 /2 in the 200s). Applicants sometimes worry too much about their scores. If you have an average score, but residents and faculty like you, you will be ranked high.
- Bottom line was this: Does this person seem like someone who will work hard, get along with faculty and residents and smart enough to keep up?

### Personal Statement

- Proper grammar and spelling you should be a top priority. It's almost always an easy way to weed out sloppy applicants who do not have enough thought to do such a simple thing.
- Make sure you mention your interest in the specialty you are applying to. Nothing is more of a turn-off than someone who appears to be "shot-gunning it" (applying to multiple specialties hoping to get into one).
- Keep it brief and to one page. Members of the interview committee do not have the time to read long statements. Short paragraphs are easier to read.
- This should go without saying but tell the committee something about who you are (i.e. had a business prior to medical school, father is doctor, avid golfer, etc). Don't spend too much time quoting famous doctors or authors.
- If you're really excited about a particular program, make sure you mention a reason why you want to go to that program.