Internal Medicine Residency



Tips for a successful virtual interview:

- 1. Test your technology prior to the interview:
 - a. Test your microphone, camera, and confirm stable internet connection
 - b. Familiarize yourself or practice with the planned meeting platform, including how to mute and unmute audio and video
- 2. Prepare your interview location:
 - a. Locate a quiet space free from distractions and background noise
 - b. Consider your background—make sure your background décor isn't too distracting
- 3. Positioning your camera:
 - a. Camera placed along top rim of your monitor improves eye contact
 - b. Slightly left or right of center can appear more natural
- 4. Consider lighting:
 - a. Background light can cause a silhouette effect
 - b. Experiment with lighting in advance to know what works well
- 5. Dress the part:
 - a. Dress professionally and remember that you are making a first impression
 - b. Monitor your body language; sit upright, smile, and stay engaged
- 6. Be yourself, have fun, and enjoy the interview!
 - a. Take advantage of the opportunity to meet people virtually; don't be afraid to ask lots of questions!

Selectively mute: mute your microphone when listening for a long period or in a group