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## TIPS FOR INTERVIEWS HELPFUL HINTS FOR AEQUITAS HEALTH FELLOWS APPLYING TO MEDICAL RESIDENCY PROGRAMS

1

### RESEARCH AND PREPARE

Familiarize yourself with the residency programs you are applying to. Research their mission, values, and unique features. Understand the program requirements, curriculum, and faculty expertise. This will help you tailor your answers during interviews.

2

### SEEK MENTORSHIP

Reach out to mentors, faculty members, or medical professionals who have experience with residency interviews. Their guidance and advice can provide valuable insights into the interview process and help you prepare effectively.

3

### PRACTICE MOCK INTERVIEWS

Practice mock interviews with colleagues, mentors, or career advisors. This will help you refine your communication skills, boost your confidence, and prepare you for various interview scenarios.

4

### SHOWCASE YOUR UNIQUE PERSPECTIVE

Emphasize your background and experiences from a low-income community or as a first-generation student. Highlight the resilience, determination, and unique perspective you bring to the field of medicine. Explain how these experiences have shaped your commitment to serving underserved populations.

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### HIGHLIGHT RELEVANT EXPERIENCES

Discuss any clinical or research experiences you have had in underserved communities. Talk about your involvement in community health programs, volunteer work, or initiatives that demonstrate your dedication to addressing healthcare disparities.

6

### DEMONSTRATE CULTURAL COMPETENCE

Showcase your ability to work effectively with diverse patient populations. Share examples of instances where you have demonstrated cultural sensitivity, empathy, and the ability to overcome communication barriers.

7

### SHOW INITIATIVE AND LEADERSHIP

Discuss any leadership roles you have taken on during medical school or in extracurricular activities. Highlight your ability to collaborate, motivate others, and work as part of a team. Residency programs value individuals who can take initiative and make positive contributions to the healthcare system.

8

### COMMUNICATE YOUR LONG-TERM GOALS

Clearly articulate your career goals and how the residency program aligns with your aspirations. Discuss how you plan to utilize your medical training to address health disparities in underserved communities.

9

### ASK THOUGHTFUL QUESTIONS

Prepare a list of thoughtful questions to ask the interviewers. This demonstrates your interest in the program and helps you gather valuable information to make an informed decision.

10

### STAY POSITIVE AND BE YOURSELF

Remember to stay calm, positive, and authentic during the interviews. Every interaction counts, not just with the interviewer. Be approachable, friendly, and confident in your abilities. Let your passion for medicine shine through. Trust that your unique background and experiences make you a valuable candidate.

Remember, the interview process is an opportunity for both you and the residency program to determine if it's a good fit. Approach each interview with a positive mindset, embrace the chance to learn, and showcase your dedication to serving underprivileged communities. Good luck!