

To be invited for an interview at an osteopathic medical school is a significant achievement on the part of the applicant. Generally speaking, the applicant has passed a rigorous examination of his/her academic credentials and now has the opportunity to showcase other skills, traits and characteristics that may be attractive to osteopathic medical schools. The specific logistics of an interview will vary by college. However, each college uses the interview process to gather as much information about each applicant as possible in order to identify students who are academically qualified and who have backgrounds, experiences and personal philosophies that are consistent with osteopathic medical education.

Interviews at osteopathic medical schools are particularly important. Osteopathic medicine has a rich history of producing passionate, empathetic, considerate, altruistic, well-balanced physicians. These are individuals who not only demonstrate academic excellence, but who also are dedicated to the humane delivery of medical care under the auspices of the osteopathic medical philosophy. Osteopathic medical schools take great pride in seeking future physicians who have developed listening skills, communication skills, a high level of ethics and a strong sense of social responsibility. Osteopathic medical schools actively seek those students who are committed to osteopathic medicine as a career and a lifestyle. The admission interview can be very helpful in identifying these attributes.

Interview Suggestions

DO:

- Confirm the day, date and time of your scheduled interview. If for any reason you must cancel, reschedule or withdraw from an interview, contact the school promptly, courteously and honestly. If you decide to cancel, the college will use the opportunity to invite another candidate and it is a positive reflection on you and your professional



demeanor.

- Arrive 10-15 minutes early for your scheduled appointment.
- Be neatly and appropriately dressed in professional business attire.
- Be polite and courteous to all members of the college community you are visiting. Not only your interviewers, but also admission office staff and current students, may be asked to comment on your personal conduct while on campus.
- Understand and articulate your genuine interest in osteopathic medical education.
- Prepare through intensive research specific to the college you are visiting by reading its catalog, web site and admissions material and, if possible, by talking in advance with current students.
- Be prepared to clearly articulate your interest in the college by asking college-specific questions, understanding any unique programs of the college and discussing the relationship between your background and the college's mission.
- Tell your interviewer what you can bring to the college's medical school community.
- Thoroughly review your application, essay, personal statement and academic record. Interviewers are likely to inquire about your background and accomplishments. Be certain of what you have written.
- Answer questions honestly, thoroughly and sincerely. If you do not know the answer to a question, indicate this and

move on.

- Have one or two questions for your interviewer that make a connection between your credentials and the medical school.

Do Not:

- Lie about any of your credentials or experiences.
- Display a lack of tact or diplomacy.
- Appear or be insincere during any portion of your interview.
- Try to guess what the interviewer wants to hear.
- Be afraid to discuss your successes and most positive traits.
- Disparage or condemn your past experiences.
- Give overly vague or general experiences.
- Make excuses for past difficulties or challenges.
- Act with a negative attitude or use a negative tone in your responses.
- Underestimate the effort and determination you have demonstrated to this point.
- Arrive under-prepared or unprepared for this discussion.

Interview Resources

Advisors at Your College

Health Professions Advisors at Your College

Many advisors belong to organizations such as the National Association of Advisors for the Health Professions (NAAHP) www.naahp.org, which is primarily focused on providing support,

resources and current information on the many health professions. Depending on the type of institution, the pre-health advisor may be a faculty member (usually in the science department) or a staff member in the career center or academic advising center.

Health professions advisors have watched hundreds of students go through the medical school application and interview process. Do not hesitate to ask for their advice, tips and words of wisdom prior to your own interview. Many of these offices maintain files, notes and other material to help you learn about the schools of greatest interest to you. In some instances these offices will conduct mock interviews. These can be helpful as you learn to manage the nervousness and anxiety that are a natural part of this process.

Finding a Pre-Health Advisor: Students who find it difficult to locate an advisor on their campus, or who have been away from school, may contact the NAAHP for volunteer advisors. NAAHP also offers publications to help students prepare for medical school. NAAHP may be contacted at Tel: (217) 355-0063, Fax: (217) 355-1287 or by visiting www.naahp.org.

Current Medical Students

Current osteopathic medical school students are wonderful sources of information. While everyone will have slightly different perspectives, it may be helpful for you to talk to current students about their interview experiences. Most osteopathic medical schools provide opportunities for you to learn about admission processes through forums, open houses, student panels, or campus tours. Contact those schools that interest you and ask them what opportunities they provide for you to interact with current students.

<http://www.studentdoctor.net>

This online community website contains a section where prospective medical students can post anonymous comments about the medical schools where they most recently interviewed. Again, while every student comes from a different background and will have had different experiences, this may help you gain another perspective about a particular school.

Websites

www.aacom.org

The American Association of Colleges of Osteopathic Medicine's website provides information on the osteopathic schools across the United States including information on location, admissions and the application process. The site's Information for Applicants pages are especially designed for the applicant, highlighting the osteopathic medical education experience, financial information, and the application process.

www.osteopathic.org

The American Osteopathic Association is the largest organization representing the osteopathic profession. This website provides general information about the profession and current information on what is happening on the political level.

www.DO-online.org

This website is the "home" for the Osteopathic Profession. The AOA serves as the membership organization for DOs. The AOA's mission is to advance the philosophy and practice of osteopathic medicine by promoting excellence in education, research and the delivery of quality, cost-effective healthcare within a distinct, unified profession.

www.explorehealthcareers.org/

ExploreHealthCareers.org gives students a free, reliable and comprehensive source of accurate, up-to-date information about the health professions. This includes information on and links to health-related education/training programs, financial aid resources, specialized learning opportunities and current issues in health care.

www.naahp.org

The National Association of Advisors for the Health Professions. Students exploring or planning a career in medicine should seek out the health professions advisor on their campus to assist them. This web site offers valuable resources and articles as well as volunteer advisors to help you on your path to a career in medicine.

www.oldpremeds.org

The National Society for Nontraditional Premedical & Medical Students, Inc., better known by its website name, OldPreMeds.org, or simply OPM, is a non-profit, 501(c)(3) professional/pre-professional society and educational conduit for nontraditional students who seek to become physicians. For those whose path to medicine is not traditional (high school to college to medical school), OPM's mission is to assist and advise on how to successfully prepare for, apply to, and succeed in both medical school and residency training programs.

www.nationalahaec.org

The National Area Health Education Center Organization is a network of health professionals and programs established around the nation for recruiting, training and connecting students to careers in the various health professions.

www.studentdoctor.net

The Student Doctor Network (SDN) is a nonprofit website dedicated to the pre-health and health professional student community. Its mission is to assist and encourage students as they traverse the challenging and complicated health professions education process. SDN does this by hosting an online community and meeting-place, providing free and uncensored resources and serving as a clearing-house for associated information.

Reading—General Overview

Osteopathic Medicine: Past and Present
by G. A. Walter, BS, DO Ed (Hon.)

A 19-page pamphlet that gives a historical account of osteopathy, its roots and its founder, A.T. Still. The work also gives information regarding the status of osteopathic medicine in the United States in 1981.

Osteopathic Medicine—An American Reformation

by George Northup, DO

A short book that tells the story of A.T. Still and the beginnings of osteopathy. A good overview of the profession in the 1890s.