Tips on Navigating the Virtual Residency Season

How to Navigate Virtual Interview Season:
As we transition to a continued virtual application cycle, medical students applying to Anesthesiology residency programs should be prepared to schedule virtual open houses and interview sessions. We encourage applicants to continue to be immersed in learning about programs and checking out resources, such as the virtual open house webpage and Program Director interviews as just a few tools to aid in your decision-making process.

The DOs and DON'Ts of Virtual Interviewing:
• **DO** pick a quiet, distraction-free location, with adequate lighting.
• **DO** choose a reliable internet connection and have a backup plan if something goes wrong, such as reserving a room on campus at your medical school.
• **DO** test run your technology before interviews being. Practice with your friends and family.
• **DO** give your full attention to the interview. Turn off notifications on your computer and phone.
• **DO** BE YOURSELF!! Programs want to learn about who YOU are. Be confident and calm.
• **DON'T** turn off your video during the interview.
• **DON'T** panic if something goes wrong. Most programs are also figuring out the virtual interview world.
• **DON'T** adjust backgrounds and microphones throughout the interview. Choose one setting and stick with it.
• **DON'T** read off of a second screen. Use eye contact the best you can during the interview.

Match Tips:
Looking for more tips on how to best succeed during the Match season?

• Be organized. Submit application materials on time. Frequent the ERAS website for timeline updates.
• Think of your colleagues when selecting interviews. The number of interviews at a program is limited. If you know that you will not be going to the program, release the interview so one of your colleagues may have it.
• If you are interested in a program that is out of your geographical area, communicate your strong interest by reaching out to the program coordinator with a letter of intent. Being able to express your desired interest may be able to help further your next steps to matching.
• Get advice from your mentors and colleagues in the field. Attend the ASA Anesthesiology MSC sessions and Program Director Meet & Greet to further explore programs, ask your questions, and identify the strengths and weaknesses of your desired programs.
• Support each other. You will meet many of your future colleagues on the interview trail. Support and encourage each other. You never know who you will be in the operating room with, in the future.
• Stay calm. You have worked incredibly hard to get to this point in your career. Trust your abilities, be yourself, and be confident. Showing your true self will help you shine in interviews.