

Timeline to Prepare for Interviews:

When you get invited for the interview:

- Plan your travel.
- Begin practicing.
- Review your entire application.
- Print or write out [questions you want to ask interviewers](#) to bring with you (in a folder or document holder).

Week of interview:

- If you have questions for the admissions office, reach out earlier than the day before or day of the interview. Just as you're busy preparing for the day, they are also busy preparing for you to visit.
- Try on your [interview outfit](#). If needed, get a haircut.
 - Health professions are notoriously traditional when it comes to style, and you don't want your outfit/appearance to be the thing your interviewers remember about you.

Day before interview:

- If possible, do a practice run to figure out where you will park or be dropped off and the exact path you'll walk to get to the interview location.
- Try to wear the same shoes you plan to wear for the interview so that you know whether a change of shoes is necessary (blisters are no fun!).
- Make sure your interview outfit is clean and ironed (wrinkles are unprofessional).
- Do something you enjoy to calm your mind. Exercise, eat healthy, and get a good night's sleep.

Day of interview:

- Eat a hearty breakfast.
- Plan to arrive 10 minutes early.
- Bring a water bottle with you.
- Bring your ID and have it easily accessible for check-in.
- Before you enter the building, **turn off** your cell phone. **Keep it off** the entire time you're in the building. It is too distracting and being on your phone will be viewed negatively.
- Be polite and respectful to everyone on campus. You never know who is connected to the admissions committee.

Day after interview:

- Send a thank you note or email to your interviewers and the admissions office. If you don't have your interviewers contact information, try to find their information on LinkedIn or the school website or reach out to the admissions office to ask.