CONGRATULATIONS on being invited to a dental school interview! Many interviews will take place virtually. Now’s a good time to brush up on how to conduct yourself online and after an interview.
**DOS BEFORE VIRTUAL INTERVIEWS**

- **BE PREPARED, PROMPT AND SEATED** in front of your webcam 15 minutes before the interview is scheduled.
- **LEARN** the dental school’s mission.
- **FIND A QUIET PLACE** where you will have privacy without any distractions.
- **SIT IN A CLEAN, WELL-LIT ROOM** where you can be clearly seen. Choose an area with a neutral background.
- **READ THE INTERVIEW INVITATION** to prepare for the right type of interview: group, one-on-one, MMI.
- **DO RESEARCH** so as to not ask for information easily found on the school’s website.
- **CHECK YOUR EQUIPMENT.** Use a device that has a secure connection and stable camera.
- If you plan to use a virtual background, **BE PROFESSIONAL** with your selection and test it early. Change your screen name to your first and last name.
- Ensure that you **PAY ATTENTION TO THE TIME ZONE** the interview is scheduled in.
- Get a **GOOD NIGHT SLEEP** the night before your interview.
- **SHARE YOUR INTERVIEW SCHEDULE** with others to avoid WiFi issues.
- **SCHEDULE A RECORDED MOCK INTERVIEW** session with your school’s career center to receive feedback on your body language.

**DON’TS BEFORE VIRTUAL INTERVIEWS**

- **WAIT UNTIL THE LAST MINUTE** to get ready or double book yourself.
- **SIT IN A BUSY, NOISY COMMON AREA.** Make sure pets are placed in another room.
- **SIT AT A WINDOW** with light coming in behind you or sit in the dark.
- Expect the school to **SOLVE YOUR TECHNICAL ISSUES.**
- **WAIT UNTIL THE LAST MINUTE** to decide on your background.
- Wait to the last minute to learn the **DENTAL SCHOOL’S TIME ZONE.**
- **STAY UP LATE** preparing for your interview.
- **DOWNLOAD LARGE FILES** or movies during your interview so you won’t slow down your internet bandwidth.
- Assume you will interview well online **WITHOUT PRACTICING.**
### DON'TS DURING VIRTUAL INTERVIEWS

- Have **ELECTRONIC DISTRACTIONS** in the room.
- DRESS CASUALLY in a t-shirt and jeans.
- Slouch or sit sideways of the webcam and have **TOO MANY CAFFEINATED DRINKS** that will make you jittery.
- SAY WHAT YOU THINK the committee members want to hear.
- DISMISS those not officially interviewing you, especially IT staff.

### DOS DURING VIRTUAL INTERVIEWS

- Make sure that your **CELL PHONE IS TURNED OFF** or on silent.
- DRESS PROFESSIONALLY from head to toe, focusing on dark or soft colors and shades.
- Sit up straight in the center of the frame and make eye contact with the webcam. **BE CALM AND RELAX.** Speak slowly and clearly.
- Be genuine, be honest and **SMILE**.
- Treat a **VIDEO INTERVIEW** just like an in-person interview.
- BE PREPARED to show your ID on camera, if asked.
- LISTEN CAREFULLY to questions and take your time before answering.
- Have prepared **QUESTIONS**.
- Take **NOTES ON PAPER** verses typing.
- Provide information or documentation other than **WHAT IS REQUESTED**.
- Listen to questions and **RUSH OR JUMBLE** your answers.
- TAKE OVER the interview by responding with lengthy answers.
- MAKE AVOIDABLE NOISES like cell phone or computer dings and typing on a keyboard.
- BE PREPARED to show your ID on camera, if asked.
- LISTEN CAREFULLY to questions and take your time before answering.
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The ADEA AADSAS team wishes you the best of luck in your interview!

**DOS AFTER VIRTUAL INTERVIEWS**

- **Send a THANK YOU EMAIL.**
- **REACH OUT** if you have not heard from admissions representatives in two weeks.
- **PRACTICE PATIENCE** as you understand the admission process.
- If you promised to follow-up with an answer, **DO IT.**
- Always **BE HUMBLE, COURTEOUS AND POLITE** during your communications.

**DON’TS AFTER VIRTUAL INTERVIEWS**

- Have **GRAMMATICAL ERRORS OR MISSPELLED NAMES** in your email.
- Have alumni, senators, etc., **CONTACTING THE DENTAL SCHOOL** on your behalf.
- **MAKE EXCUSES** why you have not followed-up with a response.
- **SPEAK BAD ABOUT THE DENTAL SCHOOL** on social media, to friends or in another school interview.
- Contact the dental schools **TOO OFTEN.**