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.
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.

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.
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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 CAFFINEATED 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.

DON’TS DURING VIRTUAL INTERVIEWS:

- 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.

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.
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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.
- **Contact the dental schools TOO OFTEN.**
- **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.