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.
### 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.

### 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.
- 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.
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**.