

# Interviewing for residency

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## Psychiatry

**Focus**  
Neal Christopher, DO, MDIV, PGY4  
BMC Chief Resident  
Inventional Psychiatry Co-Chief

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*I have no financial relationships or conflicts of interest to disclose.*

*But as I am currently interviewing, I will consider offers.*

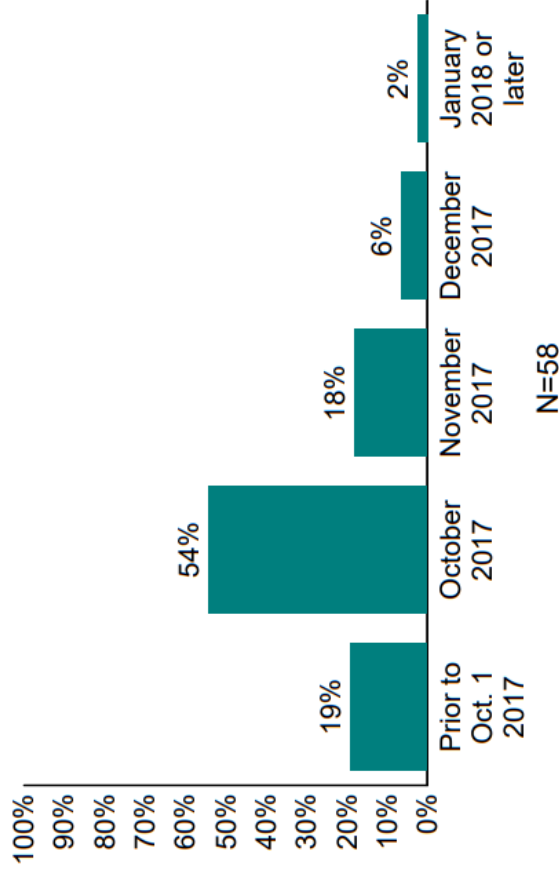
# DISCLOSURES

# Stop Freaking

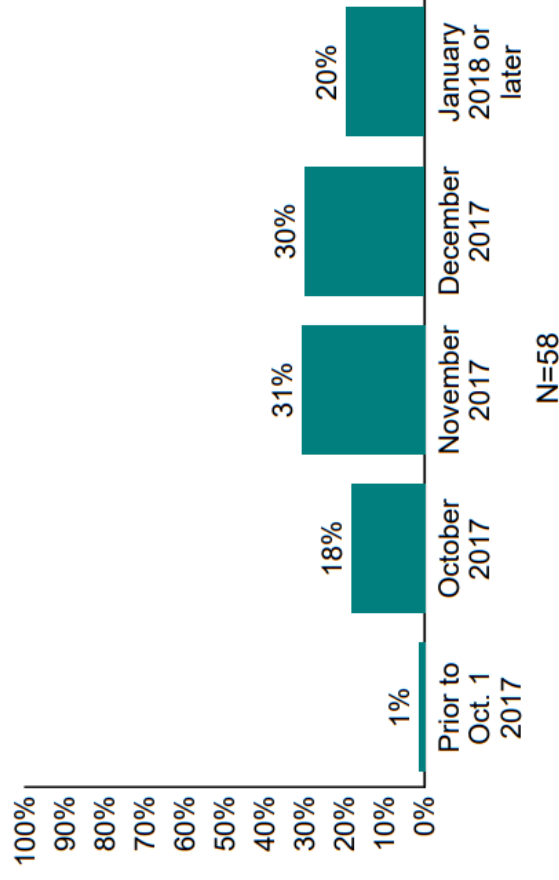


## Figure PSY-6 Psychiatry Program's Interview Activities (Continued) and Program Assessment of Residents' Success

### Percentage of Program's Interviews Extended During Each Time Period



### Percentage of Program's Interviews Conducted During Each Time Period



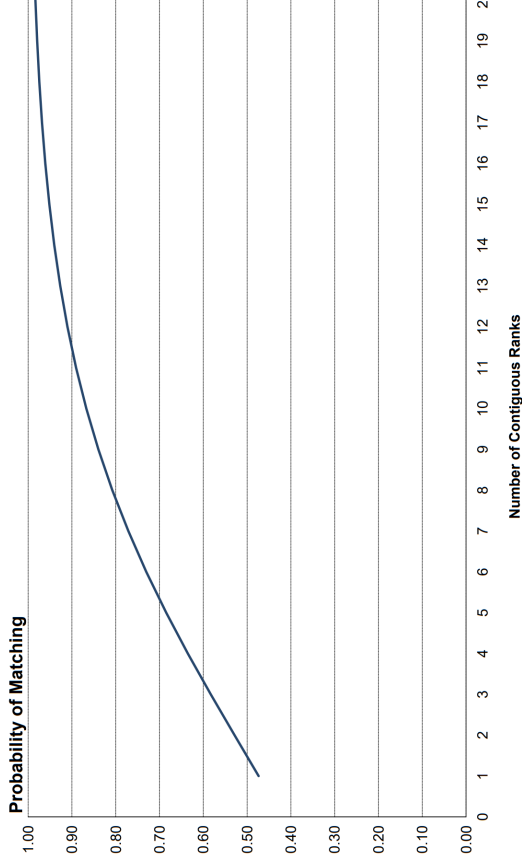
# 8 or more Ranks for Psych

**Table P-1**  
**Summary Statistics on U.S. Osteopathic Seniors**  
*Psychiatry*

Measure	Matched (n=216)	Unmatched (n=81)
1. Mean number of contiguous ranks	8.7	5.3
2. Mean number of distinct specialties ranked	1.1	1.3
3. Mean COMLEX-USA Level 1 score	514	486
4. Mean COMLEX-USA Level 2-CE score	543	489
5. Mean USMLE Step 1 score	224	217
6. Mean USMLE Step 2 CK score	237	230
7. Mean number of research experiences	1.6	1.6
8. Mean number of abstracts, presentations, and publications	2.5	2.0
9. Mean number of work experiences	3.2	2.9
10. Mean number of volunteer experiences	6.4	5.0
11. Percentage who have a Ph.D. degree	1.5	0.0
12. Percentage who have another graduate degree	16.1	22.7

Source: NRMP Data Warehouse.  
Note: Only U.S. osteopathic seniors who gave consent to use their information in research are included.

**Graph P-1**  
**Probability of U.S. Osteopathic Seniors Matching to Preferred Specialty by Number of Contiguous Ranks**  
*Psychiatry*



Source: NRMP Data Warehouse. Note: Probabilities calculated based on 2016-2018 applicants.  
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# Differences between Med school & residency

You want them to not say no.

You want them to say yes.

You don't want to stand out negatively.

You want to stand out positively and personally.

You have to receive a yes to get in.

You have to give a yes to go there and be in their “match range.”

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# Things you Cannot & Can Do anything about

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Scores

Appearance

Class Rank

Friendliness

Activities

Fun

Failures

Don't be weird

Answer to questions

Questions you ask

Highlight & Interpret

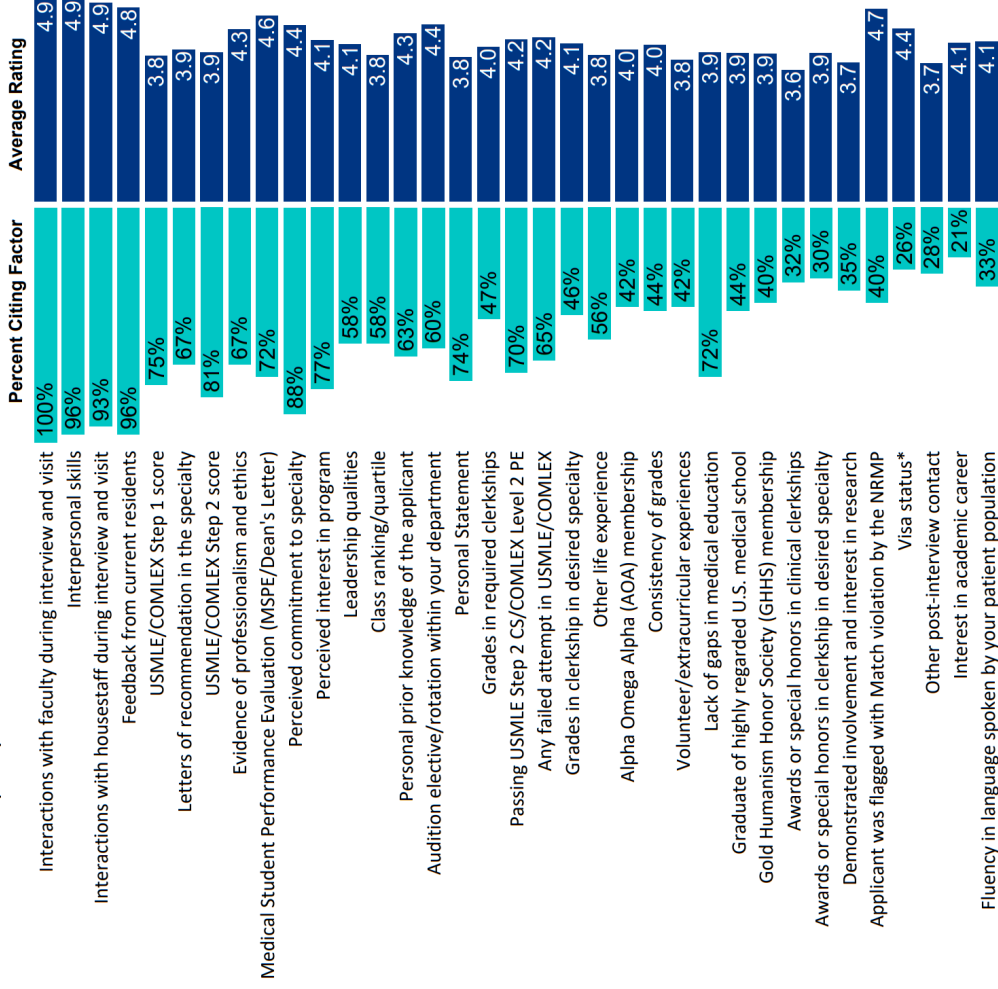
Energy Level

Response to Travel Stress

# It's about You

## Figure PSY-2

**Psychiatry**  
**Percentage of Programs Citing Each Factor And Mean Importance Rating<sup>1</sup> for Each Factor in Ranking Applicants (N=58)**



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# What do interviewers actually want to know?

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“What will it be like to work with you?”

Real Person? Authentic? Faking it?

What is your Interest in Speciality?

Fit with program? Interviewer?

Stress Reaction?

What is your Interest in Speciality?

Always try to end by stating an example of an answer to one of these implied questions.

“Can you learn?”

Do you have Realistic Understanding of Speciality?

Reasons or Corrections for Red flags?

Know something beyond the 4th year rotations?

“Do you take initiative?”

What have you built/repared/improved?

Do for us?

Bother looking up preparing special info?



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# What GREat answers have in

## common

Passionate, Personal, Short.

Cohesive story or brand.

Interesting and not boring.

Shows personal and fun you, not defensed, guarded, standard answer.

Demonstrate beyond 4th year competence in something in the speciality.

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# Remem

ber  
Saying the same thing over and over again is only a problem for you, not them.

Take 5-10 seconds and commit.

Something will go wrong.

There are no perfect interviews.

There are no perfect residencies.

Reflect/pre-rank as soon as you can.

Reflect on anything you want to change in answers.



# Instant Feedback Round



# Reflection Round: Create your best response

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# Absolut

Why **ES** Psych?

Why this residency?

Your interests?

Challenges/Conflicts?

Red flags addressed?