

Getting Ready for Residency Interviews

October 14, 2026



RIGHT RESIDENT
RIGHT PROGRAM
READY DAY ONE



Panelists



**Maya Hammoud, MD,
MBA**
PI, RRR Grant
Chief, Women's Health
Division
University of Michigan



AnnaMarie Connolly, MD
Chief of Education,
Workforce, and Well-
Being, ACOG



Erika Banks, MD
CREOG Council
Immediate Past Chair
Chair OBGYN, NYU Long
Island School of
Medicine



John L. Dalrymple, MD
APGO Immediate Past
President
Dean and CEO, Kaiser
Permanente School of
Medicine



**Shireen Madani
Sims, MD**
Chair,
University of Florida

Acknowledgment: Thanks to Dr Alicia Kiszka



Agenda

- 01.** Standards of the OBGYN
Application and Interview Process
- 02.** How to Prepare for
Interviews
- 03.** Advice from Residents and
Program Directors
- 04.** Q and A



Standards for the OBGYN Application and Interview Process

- * Applicant submission date
September 17, 2026
- * Applications available to programs
September 23, 2026
- * Release all interview offers
October 27, 2026, no sooner than
12:00pm ET
- * Interview invitations limited to the
number of interview slots
- * Minimum of 48 hours after offer to
accept/decline
- * Interviews no earlier than
November 1, 2026
- * Final status (Reject, waitlist)
November 25, 2026
- * Virtual interviews for all applicants



Standards for the OBGYN Application and Interview Process (SOAIP)

Use the table below to see which residency programs have confirmed they follow these ACOG-supported application standards.

2026 OB/GYN SOAIP Report (View Only) : Report Abuse Help							
Grid							
	OBGYN Residency Program and NRMP Code	Application deadline September 17, 2026	Interview offers released October 27, 2026	Limit program interview invitations	48 hours after interview invite to accept	Interviews no earlier than November 1, 2026	Final status not later than November 25, 2026
1	Abington Mem Hosp-PA - Obstetrics and Gynecology - 1600220C0	✓	✓	✓	✓	✓	✓
2	AdventHealth Florida - Obstetrics and Gynecology - 1102220C0	✓	✓	✓	✓	✓	✓
3	Adventist Health White Memorial-CA - Obstetrics and Gynecology - 1040220C	✓	✓	✓	✓	✓	✓
4	Advocate Health Care-IL (ACMC) - Obstetrics and Gynecology - 2117220C2	✓	✓	✓	✓	✓	✓
5	Advocate Health Care-IL (AIMMC) - Obstetrics and Gynecology - 2117220C0	✓	✓	✓	✓	✓	✓
6	Advocate Health Care-IL (ALGH) - Obstetrics and Gynecology - 2117220C1	✓	✓	✓	✓	✓	✓
7	Akron Gen Med Ctr/NEOMED-OH - Obstetrics and Gynecology - 1542220C0	✓	✓	✓	✓	✓	✓
8	Anne Arundel Med Ctr-MD - Obstetrics and Gynecology - 1942220C0	✓	✓	✓	✓	✓	✓
9	Arrowhead Reg Med Ctr-CA - Obstetrics and Gynecology - 1047220C0	✓	✓	✓	✓	✓	✓
10	Ascension Macomb-Oakland Hosp-MI - Obstetrics and Gynecology - 1930220	✓	✓	✓	✓	✓	✓
11	Ascension St Alexius-IL - Obstetrics and Gynecology - 2340220C0	✓	✓	✓	✓	✓	✓
12	Ascension St John Hosp-MI - Obstetrics and Gynecology - 1915220C0	✓	✓	✓	✓	✓	✓
13	Ascension St Vincent Hosp-IN - Obstetrics and Gynecology - 1189220C0	✓	✓	✓	✓	✓	✓
14	Ascension St Vincent Hosp-IN - Obstetrics and Gynecology/Milwaukee - 11892	✓	✓	✓	✓	✓	✓
15	Atrium Health Navicent Med Ctr-GA - Obstetrics and Gynecology - 1120220C0	✓	✓	✓	✓	✓	✓



Pre-Interview Preparation



Research the Program



Prepare your Answers to common residency application questions



Prepare questions (know your audience)

<https://www.insidethematch.com/match-tips/residency-interview-questions>

Residency Interview Questions
Written by the Inside the Match Team

Our Team of Residents shared Residency Interview Questions from their ERAS journeys. All interviews are stressful whether virtual or in person. Practice is key. Practice with family, friends, and classmates.

Most residency interviews will start with the introductory question "Tell me a little about yourself"...and then you might get some of these questions:

1. Why did you choose this specialty?
2. How do you earn the trust of a patient who mistrusts the health system?
3. In what type of position do you see yourself in 10 years?
4. Many questions focused on ERAS application personal statements and CV from hobbies to research. Review both thoroughly before your interview. Be prepared.
5. Share something interesting about you that is not on your ERAS personal statement or in your CV.
6. Why does representation matter?
7. What would be on page 276 of your autobiography?
8. Present an interesting case to us. It can be from any service.
9. Share an obstacle that you overcame in Med School.
10. What are the characteristics or traits in colleagues or coworkers you dislike the most?
11. What three words would your best friend use to describe you?
12. What does social justice in medicine mean to you?
13. How will you balance being a leader and being a team player during residency?
14. Share constructive criticism you received and how you dealt with it.
15. Share a recent book you read or are currently reading.
16. What worries or concerns you most about residency?
17. Share a time you overcame an obstacle in medical school.
18. What will you bring to our training program?
19. If you were asked to give a 10d task, what would it be?
20. What are some characteristics or traits in colleagues or coworkers you dislike the most?
21. What does strong leadership mean to you?
22. Tell me about a mistake you made in patient care and how you rectified it.
23. If you could invite anyone (living or deceased) to dinner, who would it be and why?
24. How will you be spending your days off? What will you be doing in your free time?
25. What are your intellectual pursuits outside of medicine?
26. If you did not choose the field of medicine as a career, what would be another career choice?
27. What questions do you have about our program?



Outline

- The Night Before Event
- General Interview Etiquette
- Preparing for the Interview and Interview Questions
- Optimizing Your Technology
- Setting the Scene
- How to Present Your “Best Self” on Camera
- During the Interview Tips
- Video Tutorials
- Interview Day Checklist



The Night Before Event

- Most if not all programs will have a resident-led event the day prior to interviews
- Always plan on participating; this is your opportunity to meet more residents and get a feel for the personality of the program
- Be on time, even in a virtual world, being “fashionably late” is not recommended
- Just as in the actual interview, turn off your phone and other applications to avoid distractions



The Night Before Event

- Assume that everyone can always see your facial expressions and read your body language, even when you aren't speaking. You are always on camera.
- Get acquainted with the mute button on the conferencing platform to allow everyone a turn to speak
- Be respectful, professional, and not TOO casual; the residents are still evaluating you. They are not yet your peers.
- Attire can range from casual to business casual, but err on the side of more professional
- Even in the safety and privacy of your own home, do not get intoxicated. Consider this as an extension of the job interview



General Interview Etiquette

- Treat this as the job interview it is, make a good first impression
- Remain professional even when the virtual platform makes it feel more casual
- Emphasize your personality and unique traits
- Showcase your motivations, empathy, team skills
- Optimize the time you have to assess the program
 - Virtual happy hour
 - Interview day

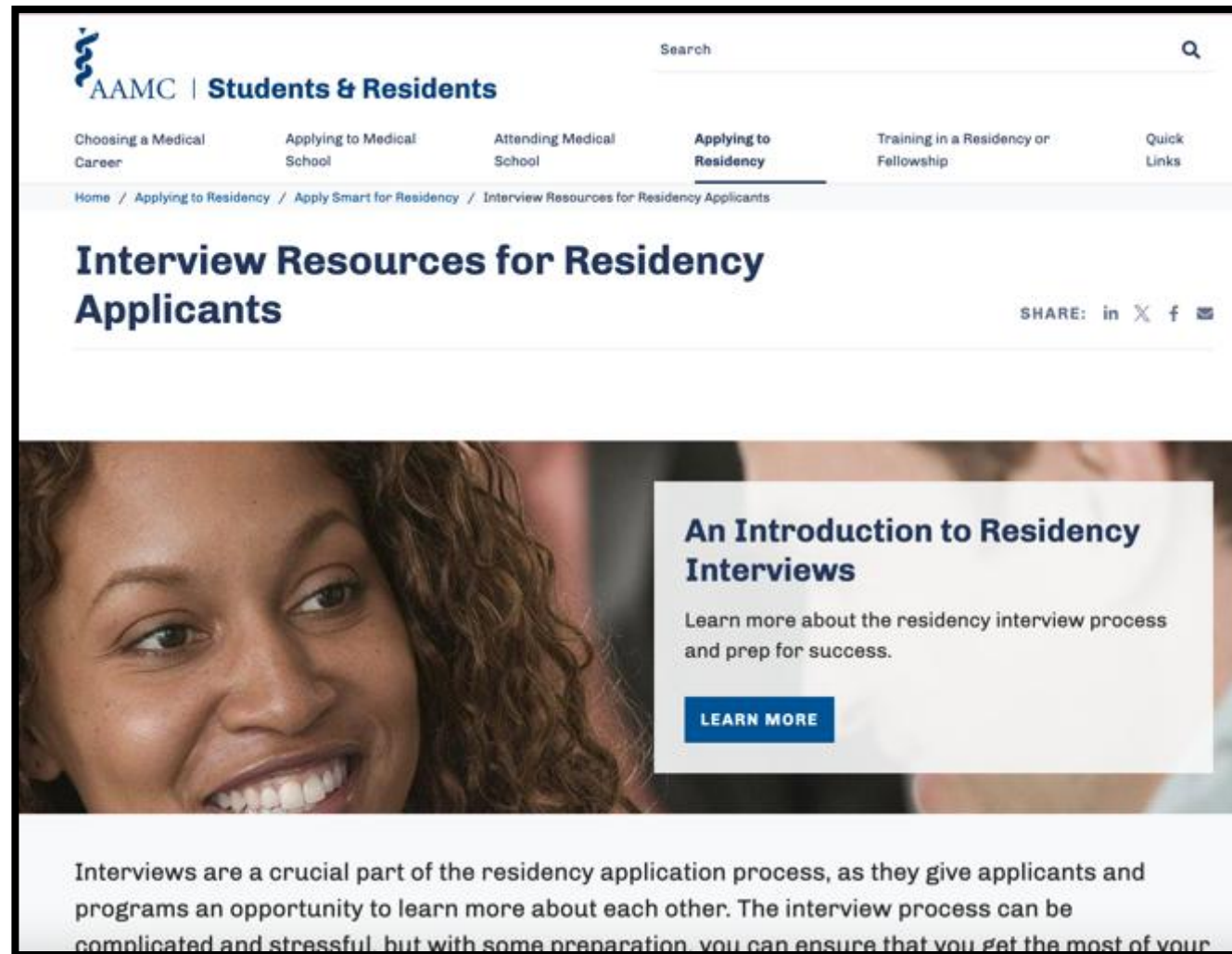


Preparing for the Interview and Interview Questions

- **Practice, practice, practice**
 - Mock Interviews
 - Group didactics and virtual electives
 - Practice speaking up, but not dominating the group conversation in group interviews
- Record yourself and evaluate:
 - Body language including any distracting behaviors, eye contact with camera
 - Clarity of speech and audio
 - Lighting and background
- Have a polished answer to the most common questions, but avoid sounding like your response is memorized
- Review your CV and personal statement to refresh yourself
- Have program specific questions prepared based on pre-interview research to create more unique questions
 - Research program websites and social media accounts



<https://students-residents.aamc.org/apply-smart-residency/interview-resources-residency-applicants>



The screenshot shows the AAMC | Students & Residents website. The header includes a search bar and navigation links: Choosing a Medical Career, Applying to Medical School, Attending Medical School, Applying to Residency (highlighted), Training in a Residency or Fellowship, and Quick Links. The breadcrumb trail reads: Home / Applying to Residency / Apply Smart for Residency / Interview Resources for Residency Applicants. The main heading is "Interview Resources for Residency Applicants" with social share icons (in, X, f, e). Below this is a large image of a smiling woman with curly hair. Overlaid on the image is a white box with the text "An Introduction to Residency Interviews" and "Learn more about the residency interview process and prep for success." with a blue "LEARN MORE" button. At the bottom, a text box states: "Interviews are a crucial part of the residency application process, as they give applicants and programs an opportunity to learn more about each other. The interview process can be complicated and stressful, but with some preparation, you can ensure that you get the most of your



Optimizing Your Technology

- Desktop or laptop preferred over tablet or cell phone
- Fully charge your device prior to interview day and have a charger available at all times
- Check your internet:
- Perform internet speed test: www.speedtest.net
 - Choose the connection with the fastest speed and highest bandwidth
 - If signal is unpredictable or unreliable, consider relocating to campus
- **Close all other programs or applications to avoid distractions or notifications**
- Have a backup plan: another device or cell phone voice call



Optimizing Your Technology - Audio

- The goal is to optimize the tone of your voice and have the interviewer completely focused on your answer and not the background
- Practice with built-in microphone and record and listen for ambient noise
- Consider headsets or other external microphones to increase the richness of your voice
- Determine which audio output helps you focus on the conversation



Setting the Scene

- You control your environment!
- Use quiet, private, distraction-free space
- Avoid high traffic areas like the kitchen or common spaces
- Have a plan for privacy from the rest of the household (spouse, children, and pets)
- Clear your workspace to avoid fidgeting and shuffling temptations
- Silence or turn off cell phone
- Keep a bottle of water nearby for coughing or dry mouth
- Have contingency plan for disruptions: knock on the door, outside sirens, etc.
- If you are interrupted, acknowledge it to your interviewer so they are aware of the situation



Setting the Scene - Lighting

- Natural lighting is great, but consider external lighting for those cloudy, winter days or nighttime “happy hours”
- Portable and affordable external lighting or desk lamps can be readily found online for purchase
- Avoid bright lighting behind you to prevent shadowing on your face



Setting the Scene - Background

- Make the backdrop clean and organized-plain wall or bookshelf
- Plain, solid curtain also an option
- Avoid doors , windows, or mirrors in the background
- Beware of virtual backgrounds as they can sometimes be more distracting. If you do choose to use one, keep it simple.
- Try to have at least 2 feet between you and the background to avoid shadowing



Presenting Your “Best Self” on Camera

- Be sure to look at the camera when you speak and not at the screen
- Center your head and shoulders on the screen
- Keep the camera at slightly above eye level
- Sit approximately an arm’s length away from the camera to not distort facial features
- Remain enthusiastic and engaged throughout the interview to avoid sounding “flat and disinterested”



RIGHT RESIDENT
RIGHT PROGRAM
READY DAY ONE



What to Wear and What Not to Wear

- Feel confident and professional in your interview attire-head to toe
- Avoid solid white shirts or blouses which can appear too bright; pick a shade of blue instead
- Avoid all black outfits as the camera will compensate and make you look “washed out”
- Choose solid jewel tone colors instead of busy patterns such as houndstooth, floral, pinstripes
- Beware of fabrics like silk or satin which may shimmer when you move on camera



RIGHT RESIDENT
RIGHT PROGRAM
READY DAY ONE



What to Wear and What Not to Wear



RIGHT RESIDENT
RIGHT PROGRAM
READY DAY ONE



Tips for success during the interview

- Always have your camera ON
- Choose a professional portrait and display name
- Look into the camera when responding to questions
- Avoid watching yourself speak and close the self-view window if needed
- Be clear and concise in your answers which allows the interviewer to know when you are finished and avoids awkward pauses
- When you are listening, nod and smile to demonstrate full attention
- Let the interviewer take the lead when ending the interview.



Tips for success during the interview

- Keep hands in a neutral position to avoid over-gesturing or fidgeting
- Sit in a chair with no swivel or wheels
- Keep notes to a minimum to avoid paper-shuffling
 - Consider a Post-It on the side of the screen for reminders
- If you lose your connection, stay calm and troubleshoot, your ability to overcome the adversity is a favorable trait



Helpful Videos to Review – LinkedIn Course Executive Presence on Video Conference Calls

- **Video conferencing pro tips**

- Expectations and preparation
- Introducing yourself and speaking up
- Keeping it engaging
- Enhancing your conversation

- **Video body language**

- Perfecting eye contact
- Hand gestures on video
- Using confident body posture
- Wardrobe choices

- **The technical: preparing your studio**

- Positioning your camera
- Lighting is key
- Crisp and clear audio
- Backdrops and backgrounds

- **Conclusion – Practice Run**

https://www.linkedin.com/learning/executive-presence-on-video-conference-calls/your-video-conference-presence?trk=lilblog_03-11-20_new-to-working-remotely-resources_learning



RIGHT RESIDENT
RIGHT PROGRAM
READY DAY ONE



Checklist

Attire & Appearance

- ☐ Is your interview outfit professional, but comfortable to sit in for the duration of the interview day?
- ☐ Is your "night before/happy hour " outfit appropriate and not too casual?
Does the color of your outfit look good on camera? (Solid jewel tones while avoiding solid white/black and small prints?)
- ☐ Are you well-groomed?
- ☐ Have you blotted your face to prevent oily areas, particularly nose and forehead?
- ☐ Is your jewelry simple without light-catching surfaces such as large, dangling earrings?
- ☐ Have you checked for glare or reflection if you are wearing glasses?

Technology Check

- ☐ Is your computer/laptop fully charged and powered?
- ☐ Is your webcam functioning?
- ☐ Do you have your external lighting source working?
- ☐ Have you checked your computer's microphone/headset/earbuds?
- ☐ Do you have a backup power supply if needed?
- ☐ Have you checked your internet speed and connection?
- ☐ Do you have a backup connection method, or a contingency plan set up with the program such as a voice call?
- ☐ Have you closed all other applications and programs running on your device?



RIGHT RESIDENT
RIGHT PROGRAM
READY DAY ONE

Checklist

Table setup

- ☐ Is your desk free of clutter aside from simple notes?
- ☐ If using a separate webcam, is it positioned to slightly above eye level?
- ☐ Are your head and shoulders centered on the screen?
- ☐ If using an internal camera, is your monitor/screen at the appropriate level. If not, raise it with books/boxes.
- ☐ Do you have your lighting set up? Preferably at camera level, 2-3ft on each side of you.
- ☐ Are you sitting in a stationary chair with good posture?
- ☐ Are you sitting approximately an arm's length from the camera?
- ☐ Do you have a bottle of water close by, but off screen for emergencies?

The Background

- ☐ Do you have a quiet, private space to complete your interviews uninterrupted?
- ☐ Is your background simple and clean-avoiding doors, clutter, etc?
- ☐ Have you checked that there are no mirrors or other reflective surfaces in the background?
- ☐ Are you sitting at least 2 feet from the wall to avoid shadowing?
- ☐ Have you checked for any sources of light in the background that may cause shadowing such as a window?



RIGHT RESIDENT
RIGHT PROGRAM
READY DAY ONE

Checklist

During the "Night Before" Event & Interview Day

- ☐ Turn OFF your cell phone.
- ☐ Make a good first impression-Smile!
- ☐ When speaking, look directly into the camera, not the screen.
- ☐ Avoid looking at yourself in the self-view window.
- ☐ Be aware of excessive hand gestures, crossing your arms, or fidgeting with clothing/hair.
- ☐ Stay engaged throughout the entire interview.
- ☐ In larger groups, speak up, but don't monopolize the conversation.
- ☐ Do not chew gum, eat or drink during your interview. It is OK to have a bottle of water.
- ☐ Have program-specific questions prepared based on your preliminary research.
- ☐ Have resident appropriate questions for residents at happy hour and faculty appropriate questions for the interview.
- ☐ Be cautious not to be too casual with the residents during the mixer event.
- ☐ ALWAYS have additional questions ready to ask if necessary.
- ☐ Be gracious and thank your interviewers for their time. Let them end the interview.

Practice! Practice! Practice!

1. Mock interviews with feedback
2. Record yourself



GOOD LUCK!



RESIDENCYCAS

CENTRALIZED APPLICATION SERVICE



RIGHT RESIDENT
RIGHT PROGRAM
READY DAY ONE

ResidencyCAS Team



Kevin Kendall
Sr. Product Manager

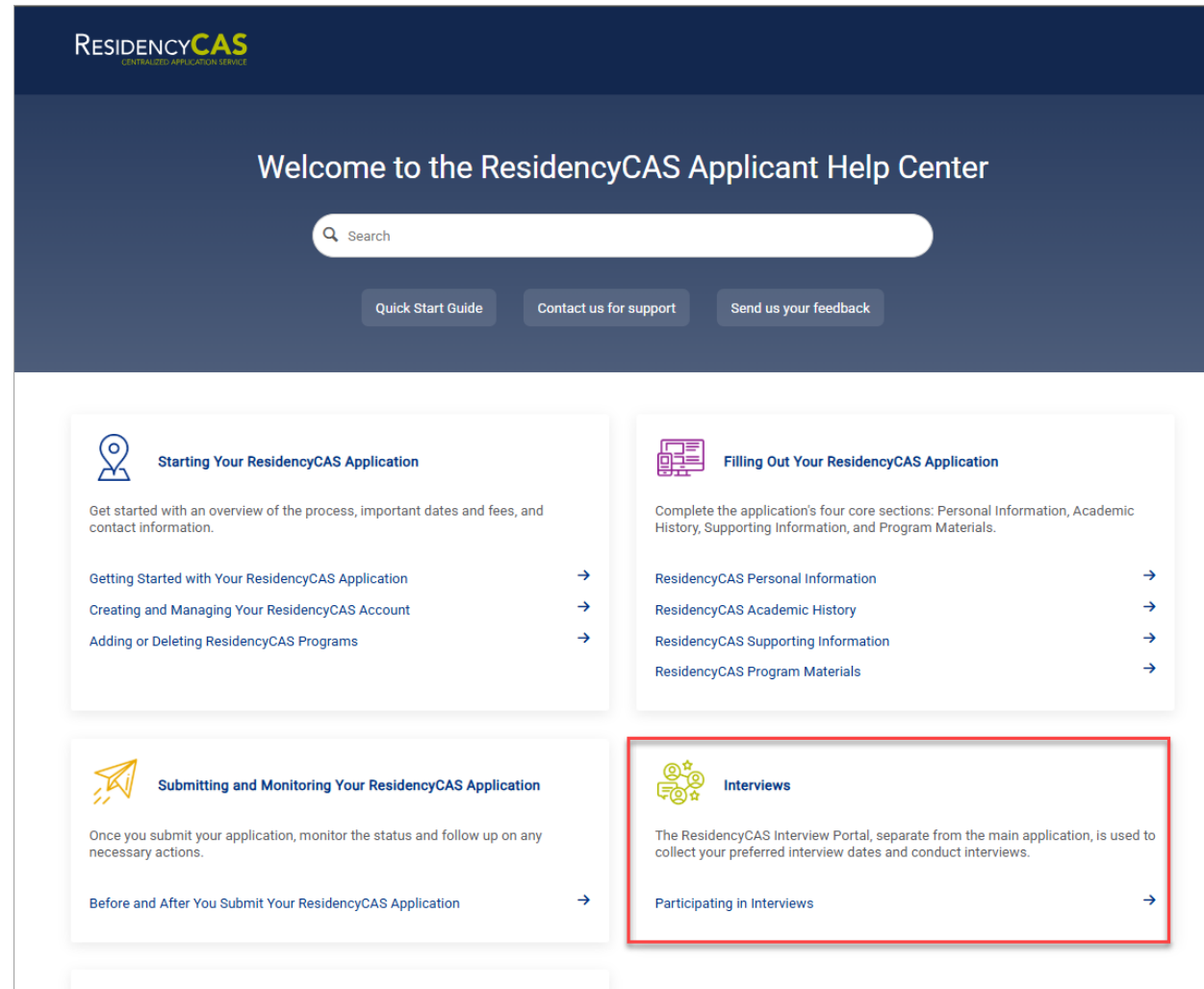


Jillian Baer
Client Success Director

Interviews



Interview Portal Use



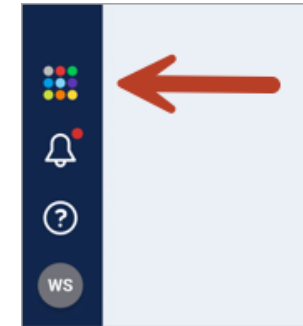
https://help.liaisonedu.com/ResidencyCAS_Applicant_Help_Center

Accessing the Interview Portal

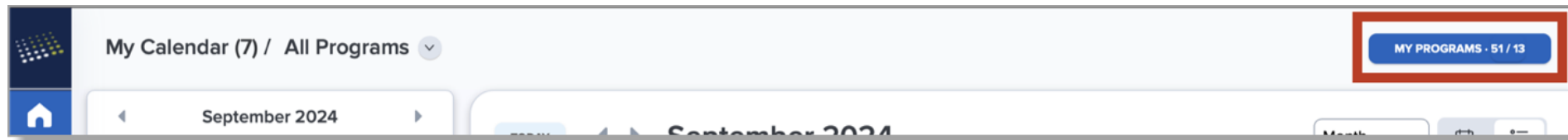
1. Watch for email invitations from programs.



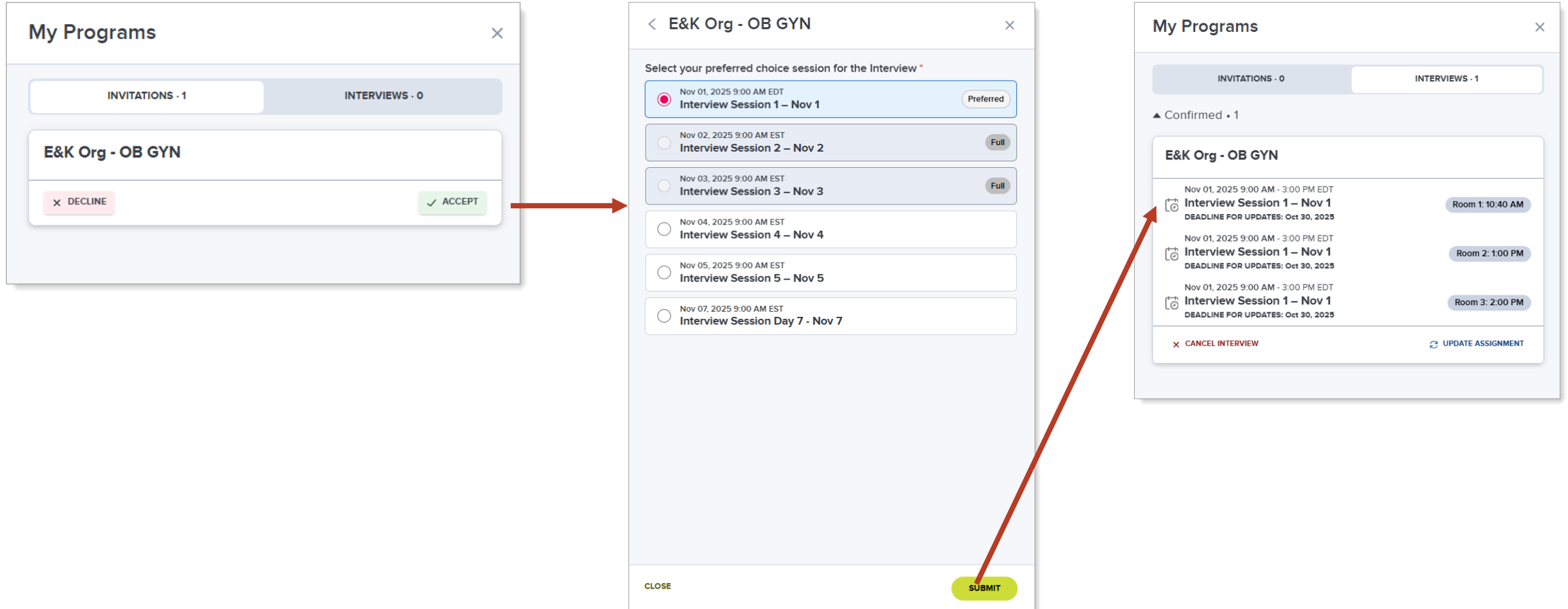
2. Access the Interview Portal via the **App Switcher**.



3. Find invitations via the **My Programs** button.



Accepting Invites and Selecting Dates



Monitoring Waitlist Updates

Join a Session Waitlist

< E&K Org - OB GYN

×

Select which interview session you plan to attend. *

☒ Nov 01, 2025 9:00 AM EDT
Interview Session 1 – Nov 1

Preferred

☐ Nov 04, 2025 9:00 AM EST
Interview Session 4 – Nov 4

☐ Nov 05, 2025 9:00 AM EST
Interview Session 5 – Nov 5

☐ Nov 07, 2025 9:00 AM EST
Interview Session Day 7 - Nov 7

Select the session(s), if any, you'd like to join the waitlist for. *

You will receive an email notification if a spot becomes available.

☐ Nov 02, 2025 9:00 AM EST
Interview Session 2 – Nov 2

☒ Nov 03, 2025 9:00 AM EST
Interview Session 3 – Nov 3

Waitlist

Waitlisted Sessions

My Programs

×

INVITATIONS · 1

MY EVENTS · 10

▼ CONFIRMED · 6

▲ PENDING · 3

Watertown University-MA

Oct 24, 2026 9:00am EDT
October 24 Interview Session

Self Waitlisted

MANAGE REQUEST

zzz E&K Sandbox Org - OB GYN

Oct 30, 2026 10:00am EDT
Webinar Example 9.16

Self Waitlisted

MANAGE REQUEST

zzz EM Test Organization

Program Waitlisted

Navigating the Interview Portal

Home

Calendar

?

KK

My Calendar / All Programs (5) 2

4

October 2026

Su	Mo	Tu	We	Th	Fr	Sa
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

TEST YOUR HARDWARE 3

7

UP NEXT

2 hours

2:30 pm - 2:45 pm

Wrap Up

Zzz E&K Sandbox Org - OB GYN

1:00 pm - 1:25 pm

October 15 Afternoon Interview Session

Zzz E&K Sandbox Org - OB GYN

1:25 pm - 1:50 pm

October 15 Afternoon Interview Session

Zzz E&K Sandbox Org - OB GYN

JOIN

1:50 pm - 2:05 pm

October 15 Afternoon Interview Session

Zzz E&K Sandbox Org - OB GYN

8

MY PROGRAMS - 0 / 7

1

TODAY

October 2026

5

EDT

Week

Date	Time	Event	Type	Event Status
Oct 15	12:00 pm - 2:45 pm	October 15 Afternoon Interview Session zzz E&K Sandbox Org - OB GYN	Interview	In Progress

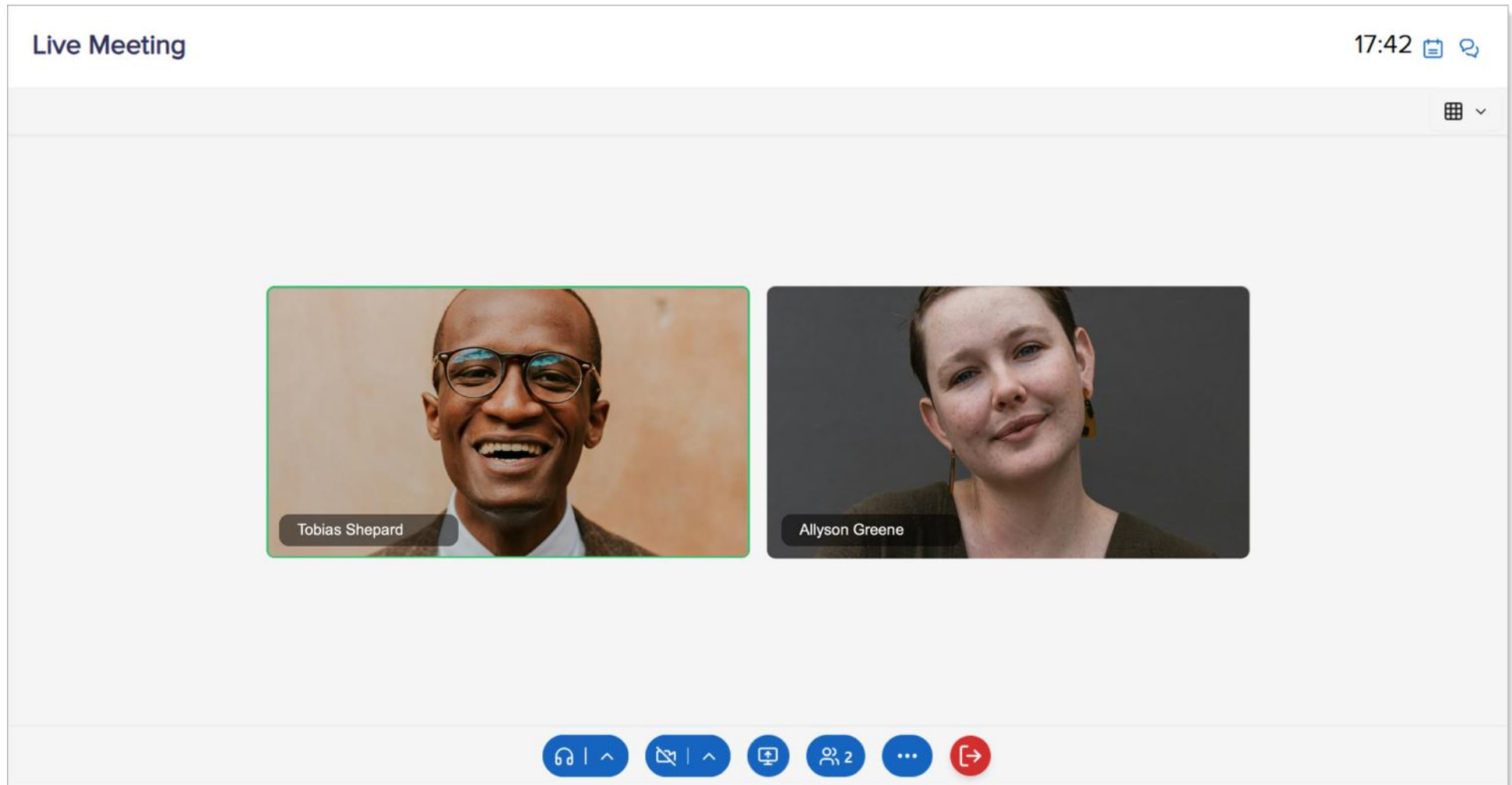
Time	Room Name	Type	Interviewer(s)	Status
12:00 pm - 1:00 pm	Interview Orientation	Meeting Room		Completed
1:00 pm - 1:25 pm	Room 1	Interview	-	Completed
1:25 pm - 1:50 pm	Room 2	Interview	-	Ready
1:50 pm - 2:05 pm	Room 5	Interview	-	On-Time
2:30 pm - 2:45 pm	Wrap Up	Meeting Room		Checked-In

8

CHAT

© 2026 Liaison International. All Rights Reserved

Joining an Interview



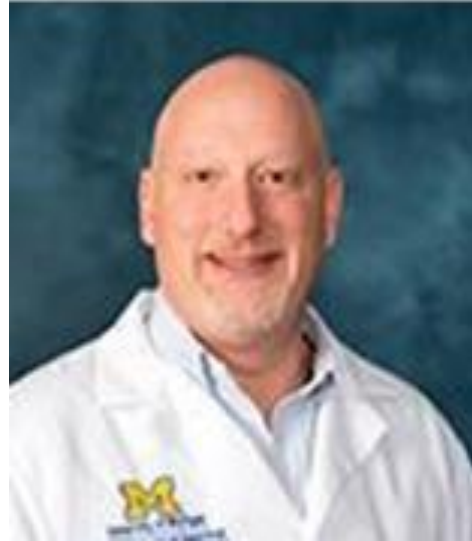
Final Reminders

- Programs that wish to invite you to interview with them **will** contact you and let you know the details of the invitation (generally beginning on October 27th), or any changes in your status.
- If you have any trouble with any of the tools or do not understand something you are seeing, the ResidencyCAS team is here to help. Please do not hesitate to reach out by email at applicantssupport@residencycas.com or by phone at **617-612-2070**.

Program Directors Advice



Teresa Byrd, MD
Program Director
Wellstar Kennestone



David Marzano, MD
Program Director
University of Michigan



Nicole P. Scott, MD
Program Director
Indiana University



Vidya Sharma, MD
Program Director
Jamaica Medical Center

Residents' Advice

- Isaac Loy, MD
- Victoria (Tori) Morgan, DO
- Ibrahim Ahmed Nasir Hersi, MD
- Helena Szymborski, MD



RIGHT RESIDENT
RIGHT PROGRAM
READY DAY ONE