

Sen's Tips for MMI (Multiple Mini Interviews)

MMIs are a brilliant form of interviewing candidates for medical school. They allow for targeted testing of skills and discussing of experience reflections, without much scope for off-track discussions. The simplicity of MMIs is what makes them so easy to do well in.

- **Different Station and Themes**
- **Timing and Stamina**
- **Structured Answers**
- **Each Station Is A New Start**
- **Your Experiences**
- **Medical School Specific Preparation**

By considering and preparing for the above listed points, you will prepare yourself for success during these interviews.

1. Different Station and Themes

MMI interviews are split into various sub-stations, each of which will test you for something different. From asking about your skills, to your understanding of medical ethics, to your appreciation for what a medical professional actually involves, it is a rigorous process. For success at MMI, be aware of the different types of stations that you may encounter. Below are examples. Ensure to do research for your specific medical school, since they may have a few stations that commonly appear each year, to help you prepare more accurately and relevantly.

- Work Experience Discussion
- Medical ethics
- Calculations station/data analysis
- Graph/Image analysis
- Role Play
- About Medical School
- Scenario Discussion
- NHS
- Hot Topics
- Skills

2. Timing and Stamina

With stations last around 6 minutes, it is essential to keep answers concise and directly relevant to questions asked. With each station often comprising of 3 or 4 questions, aim to keep answers between 90-120 seconds in length.

Although each station may only last around 6 minutes, considering 6 stations alongside a minute break between stations, the total interview time is close to 40 minutes. Compared to traditional interviews or panel interview which commonly last 20 minutes, this can be considered quite extensive. It is important for you to have one or two mock MMI interviews, whether with a friend, tutor or on a course, to help you develop the ability to last through multiple stations without tiring out quickly.

3. Structured Answers

Structure is key for three main reasons:

- Allows you to include a variety of points in your answer
- Allow you to keep a concise answer with minimal waffling
- Allows you to incorporate personal experiences and reading

During on your interview preparation, practice the '1-2-3 Approach' where you think of three completely different points for a given question, and then talk through each point whilst keeping track counting on your fingers.

4. Each Station Is A New Start

Every station you will meet a new interviewer. Every station is an opportunity for you to make a good impression. Have a friendly yet confident approach, ensuring to remain polite and open-minded. Most people you meet will develop their first impressions of you within 30 seconds of meeting you, so use this to your advantage.

Meeting multiple interviewers in MMIs is one of its biggest benefits. Even if a previous station does not go to plan, you can be assured about another shot answering at the next station. Resetting yourself between stations is of paramount importance. During breaks remind yourself of friendly and enthusiastic mannerisms, the '1-2-3 Approach' for relevant and structured answers alongside some key work experience, volunteering and reading examples. Also, take a breather!

5. Your Experiences and Reflections

Experiences and reflections are a failsafe method of ensuring unique answers that immediately differentiate to interviewers an excellent candidate from an OK candidate. Aspiring medical students in general all have good academic grades, good entrance grades, well-written personal statements and mostly a variety of work experience and volunteering placements.

The dilemma is as follows. Despite many applicants having work experience and volunteering, a lot still do not receive offers. The reason for this lies in poor reflection and discussion, about these experiences. A large part of medicine involves discussion on what went well and what did not go well, about things that happen. Aspiring medical students who are able to think about their experiences and summarise what they learnt, what skills they developed and how their opinions and thoughts changed due to these experiences are, are those that will succeed.

So, in your MMIs, ensure to use your experiences and lessons learnt from these experiences wherever you can, to back up answers you give. Similar to how one may use evidence when arguing in a court of law, use your experiences indispensably in medical school interviews.

Nothing is more evident of motivation and interest, than proof of time you have sacrificed to better educate yourself about that topic.

6. Medical School Specific Preparation

During MMIs, it is inevitable that you will be interviewed/assessed by doctors, who teach and work at that medical school. Even though questions may often be generally focussed on medicine and problem-solving tasks, when questions do permit, try to include aspects of the medical school that may be relevant.

Mentioning to interviewers in answers, your excitement about the chance of training in one of their particularly renowned teaching hospitals, will only do you favours. It shows you have done your research; it shows you are motivated and lastly will enjoy your time at that medical

school. Pro-active inclusion of your understanding of a medical school's specific teaching curriculum and modules will improve how much engagement interviewers have with you.

To conclude, here's a nice phrase I tell mentees that'll practically guarantee your success at interview:

“At each station, the interviewer will give you a score. Befriend them with politeness and a big smile, show them how interested you are in medicine and get those highest scores!”