

Pre-Med AMSA

Professionalism Workshop



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Overview

What we'll discuss today

- What is Professionalism?

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- Why is Professionalism Important?

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- Professional Dress Code

.....

- Interview Tips

.....

- Q & A



What is Professionalism?

The manner in which you present and conduct yourself in a professional setting.

Some examples of a professional setting include:

- At your workplace
- In a classroom/office hours
- Working on a group project
- Working on a Leadership Team (Clubs, TA'ing, etc.)

Why is Being Professional so Important?

- Can open (or close) future opportunities for yourself
- Impacts the morale of the people around you
- Affects productivity/goals of organization or team



Professional Dress Code

To dress for the occasion, consider the following:

- Event Formality
- Confidence
- Comfort
- In-Person vs. Virtual

Different types of formality:

- Traditional Business Attire
- Business Casual Attire
- Smart Casual Attire
- Casual Attire

Events that we will focus on:

- Dressing for success in an interview
- Shadowing a Doctor
- Meeting Medical School Admissions Reps (at MSAS)

Business Formal

Men and Women



Formal attire means a matching, tailored suit.

A full suit means that you're breaking out a matching tie for the occasion.

Polished leather dress shoes will tie it all together.

Suit pants or slacks that match the top. Good colour choices are: black, navy or gray.



Go for a traditional suit, but keep it feminine. They have a lot of great options for women these days.

Pumps are a great option here, but if heels kill your feet ballet flats or loafers work too!

Wear During:

- Interviews!

Business Casual

Men and Women



Wear a neutral button down (tucked in) and dress it up with a sweater or sport coat.

Neutral coloured chinos or slacks are perfect. Again, avoid jeans as some companies frown upon them.

You don't need a tie for business casual outfits, open collar is totally fine.

Tailored dress pants are the move here. Go for a neutral colour and avoid denim.

You'll want to up your game with leather dress shoes here.



A tailored, neutral coloured blouse. Add a blazer or sweater to spice things up!

Comfortable pumps or fancy flats are perfect.

Wear During:

- Meeting Medical School Admissions reps.
- Shadowing a Doctor

Smart Casual

Men and Women

Neutral button down shirt. (No jacket or tie needed).



Casual leather or suede shoes are great! (Anything you'd wear to the gym is a no go).

Neutral coloured pants, chinos or cordorouys are great! No need to get too fancy. Stay away from blue jeans.

Neutral coloured chinos are perfect! (While jeans look good, some companies frown upon them for interviews - better safe than sorry).

Neutral blouse or top. (Mild patterns are good too!)

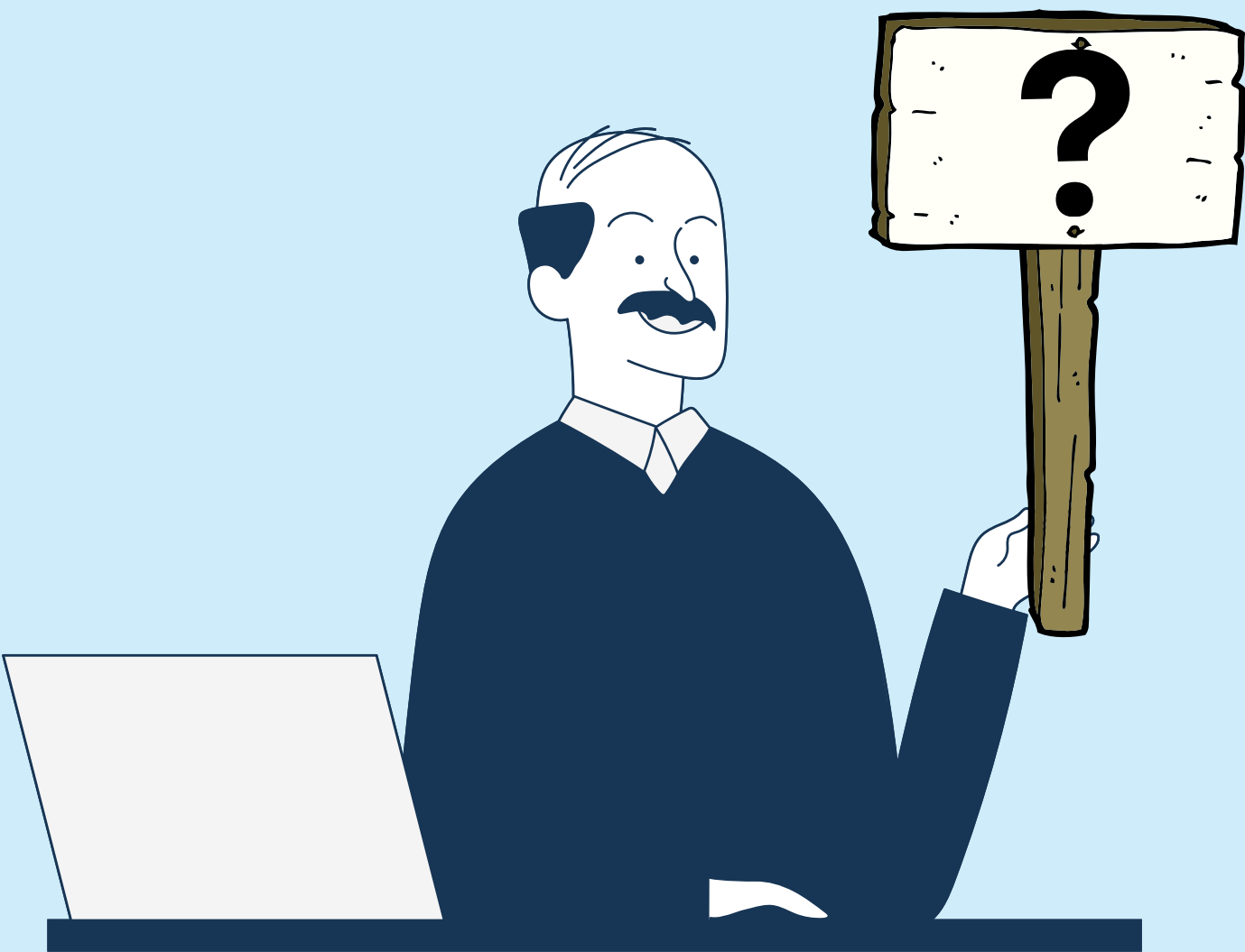


Casual heels or Ballet flats if you want to save your feet.

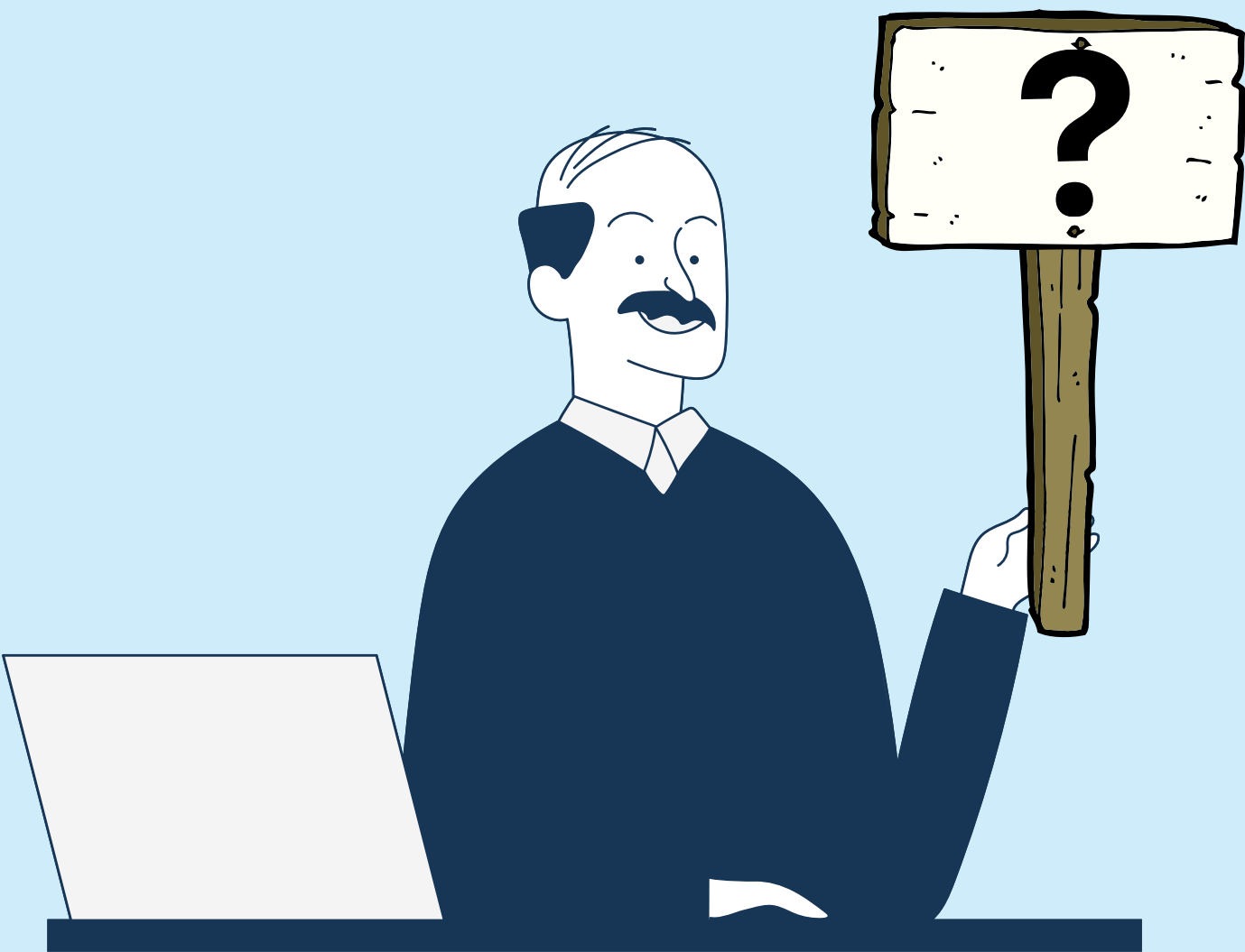
Wear During:

- Meeting Medical School Admissions reps.
- Shadowing a Doctor

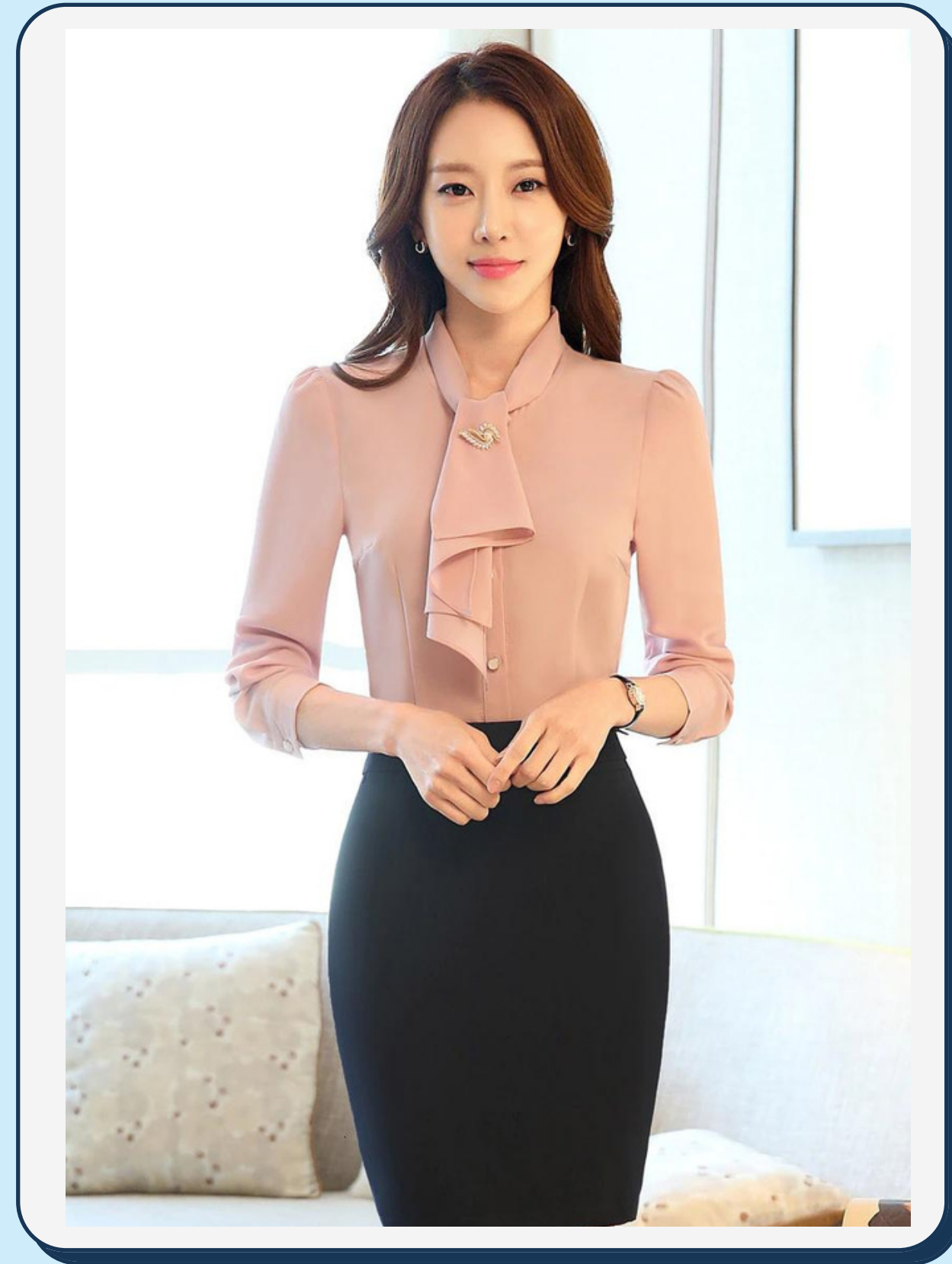
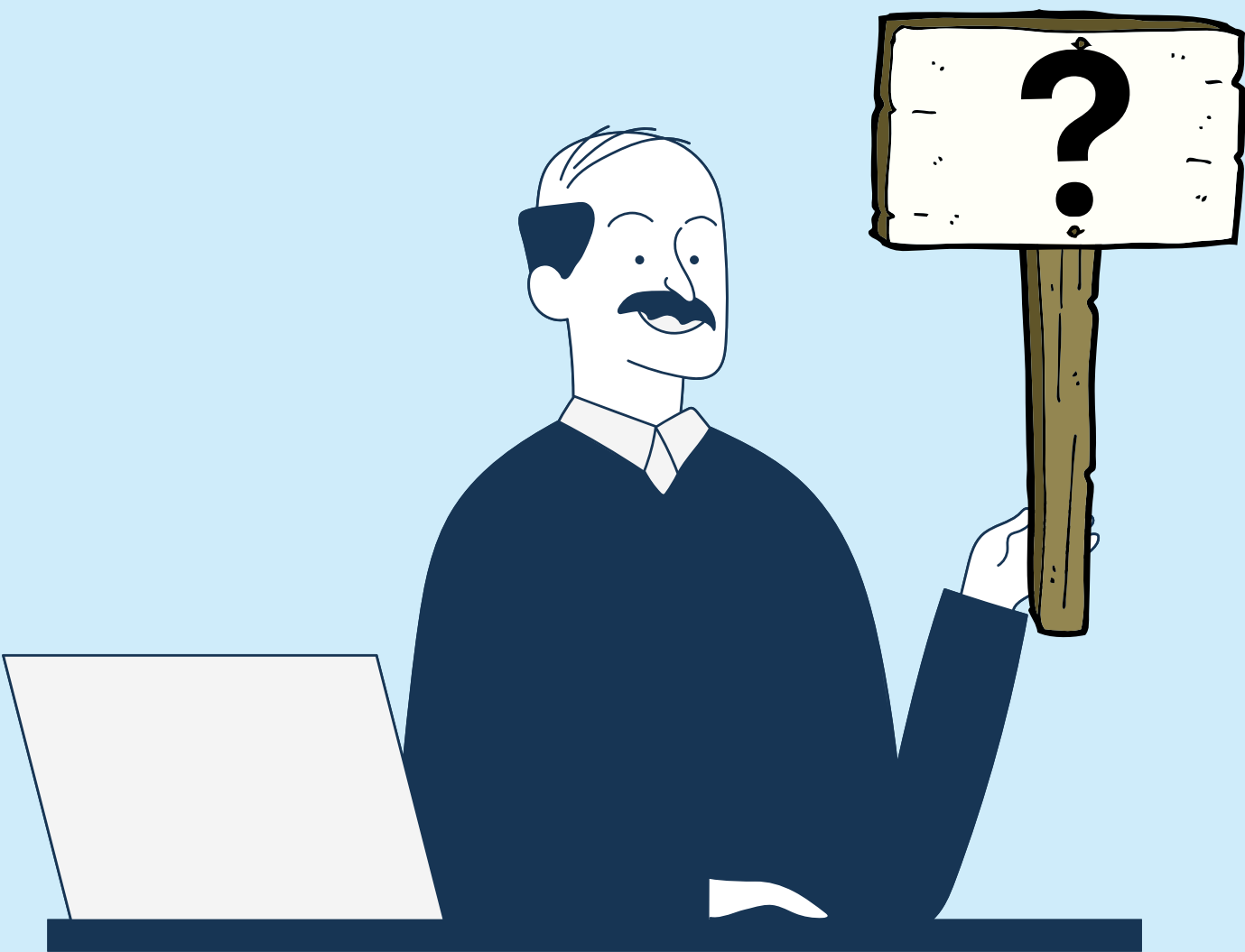
Professional or Not Professional?



Professional or Not Professional?



Professional or Not Professional?



Interview Tips!



Know what you are interviewing for

- Research ahead of time
- Look for specific verbiage
- Tailor some of your answers to the organization/ school/ company

How are you best suited for them?

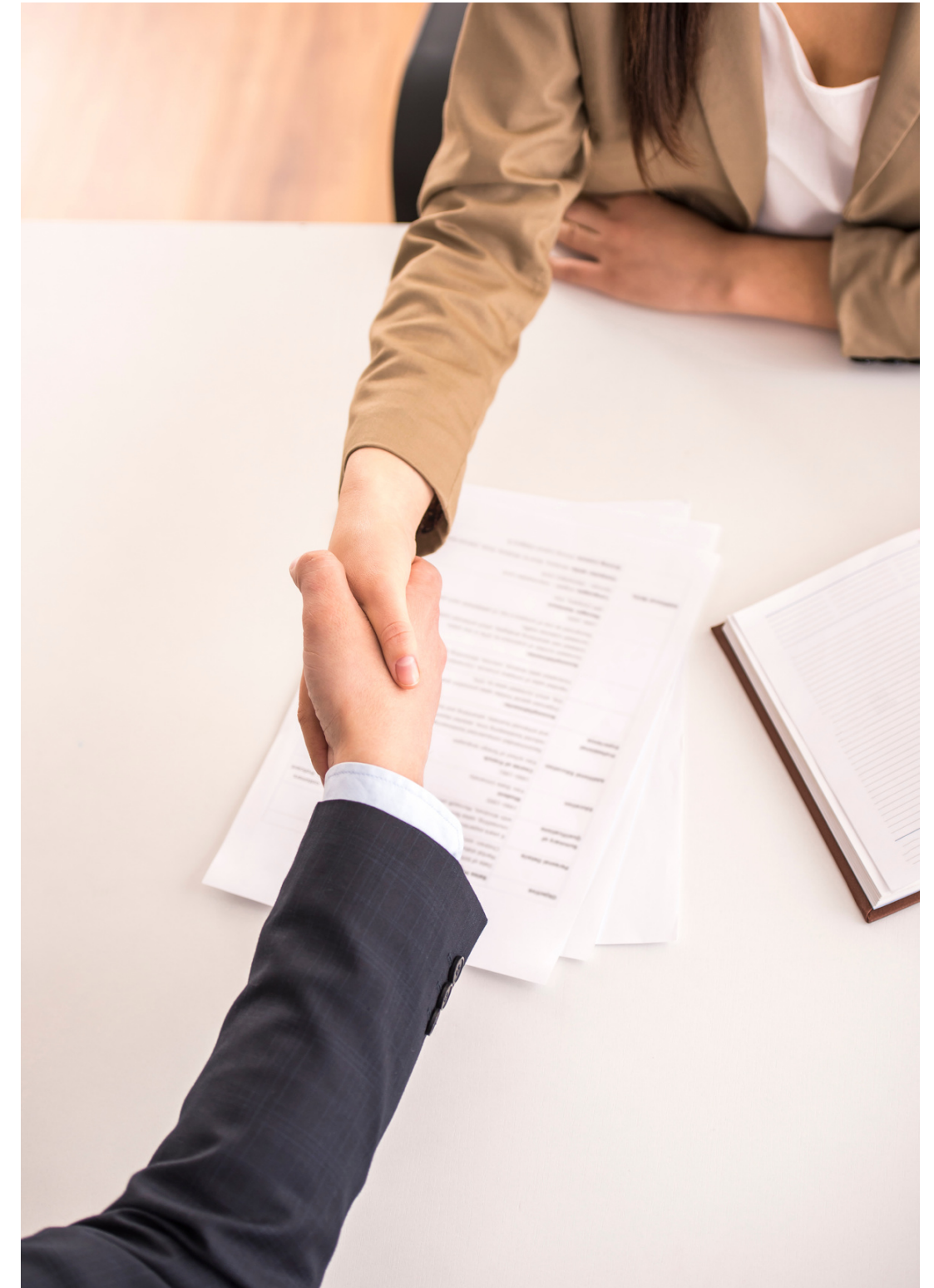
- Keep in mind what they are looking for
- What qualities/ skills/ experiences do you have?
- Use/ talk about experiences that are relevant

When answering questions...

- Always keep a positive attitude/ tone
- Be confident, but not cocky
- Don't make excuses, take responsibility for actions/ decisions/ outcomes

Interview Basics

- Arrive 10-15 minutes early
- Know exactly where your interview is taking place and how to get there ahead of time
- Treat EVERYONE you run into with respect
- DURING-COVID: Don't shake anyone's hand and try to wear a mask
NOW: Shake everyone's hand (within reason)
- Have good eye contact and smile! Be mindful of posture and fidgeting
- Use good grammar (Say "yes ma'am/sir" instead of "yeah", etc.)
- Try to be mindful of filler words due to nerves (saying "like" or "you know" a lot in between words)
- Feel comfortable asking for a minute to think about a tough question! Silence is better than "um's"!
- Always have a question to ask at the end of the interview!
- Send a follow-up thank you letter to everyone who interviewed you



Interview Basics



Sarah Allbright

Wed 3/10/2021 10:51 AM

To: Melinda.cartwright@ucf.edu



Dear Mrs. Cartwright,

I wanted to personally send you a message thanking you for taking the time to interview me yesterday for consideration into the President's Leadership Council. This was a once in a lifetime experience, and I am deeply honored to have been able to share my passions and experiences with you and the rest of the interviewing committee. I am incredibly excited to see where the future will take PLC and our beloved University.

Best,

Sarah Allbright

Vice President, Refugee and Immigrant Education Initiative UCF

Volunteering Director, UCF Pre-Med AMSA

Organic Chemistry 2 TA, UCF

Human Anatomy vTA, UCF

Some possible questions

- For directorship “X” what is **one idea** you have to **make an impact** on AMSA members?
- Tell us about an experience you have had **as a leader or team member** in a club setting, a workspace, or in any environment you define, and how that experience **has shaped you**.
- What **qualities** do you have that you believe would **strengthen** your work as a director in Pre-Med AMSA? What **interests you** in this position?
- There will **definitely** be one or two light-hearted questions (ex. what is your favorite kind of pasta, if you could be any animal for a day what would you want to be, etc.)
- You will **100%** be asked a simple **“tell me more about yourself”** so having a short 1 minute introduction aka elevator pitch is **super helpful** (esp for med school interviews!)
- Last but not least, we will also **definitely** ask **“do you have any questions for us?”** so **have a question or two in mind** to ask! it always reflects well on the interviewee :)

Thank you!

Q & A Time!

