**Weekly Report** 10/26/20 - 11/1/20

Stage: Interviewing

## BACK-TO-BACK FIRST-TIME INTERVIEWS

While I am becoming increasingly confident in my abilities to speak with professionals and to conduct informational interviews, controlling nervousness leading up to the interviews is still an issue. This past week, I conducted two interviews with two professionals: Dr. Christine Chen and Dr. David Kim. The appointment with Dr. Chen was on Monday and the appointment with Dr. Kim was on Wednesday. The interview with Dr. Chen was my first interview ever. I had been extremely nervous leading up to it and I could tell that my voice was shaking during the interview a little bit in the beginning. However, once I calmed down, it went smoother. I learned how to properly control my anxiety when talking with professionals and I am improving on slowing down. This experience was really valuable in that respect. Additionally, I learned how to properly prepare for an interview by spending lots of time creating questions and preparing for the order in which I will ask them and take notes. Again, this experience was valuable in this respect as well.

The information that Dr. Chen gave me was extremely valuable as well. I took really good and detailed notes, which is a skill that I successfully developed during this interview, and she contributed a ton to my understanding of interventional radiology. I am wondering about how, in the future, I can take notes and be staring at my paper and still appear engaged in person, since these calls were over the phone.

The interview with Dr. Kim was extremely useful for dealing with the anxiety building up to the interview. That interview was really useful for building a relationship with Dr. Kim and achieving an offer from him to shadow him at his practice. I was shocked and really excited. My professional skills were clearly improving as he obviously liked me and the way that I spoke and came off. Overall, these two interviews were really valuable and I was very grateful to the two doctors for taking their time to do them with me. Future research will be conducted on Dr. Kim's practice group and hospital in order to be prepared for the shadowing. Also, more interviews with professionals are being planned.