DALHOUSIE UNIVERSITY
FACULTY OF MEDICINE

CaRMS Interview Preparation:

Your Personal Experience Bank

Before your interview, think of a specific time when you experienced at least one of the following situations in each category

1. **Conflict and difficult interactions**
- A time you experienced conflict with a colleague, peer, or supervisor.
- A time you disagreed with someone in a position of authority.
- A time you had to work with someone you found difficult.
- A time you received feedback you disagreed with.
- A time you had to navigate a difficult conversation.

2. **Challenges, mistakes, and resilience**
- A time you made a mistake and how you addressed it.
- A time you failed at something important to you.
- A time you received difficult or unexpected feedback.
- A time you felt overwhelmed or experienced significant stress.
- A time something did not go according to plan and you had to adapt.

3. **Teamwork and leadership**
- A time you worked as part of a particularly effective team.
- A time you demonstrated leadership without having a formal leadership role.
- A time you supported a struggling colleague or teammate.
- A time you had to compromise for the benefit of a team.
- A time you recognized that you needed help and asked for it.

4. **Communication and empathy**
- A time you had to communicate something difficult or sensitive.
- A time you worked with someone whose background or perspective differed significantly from yours.
- A time you demonstrated empathy or compassion.
- A time you experienced a misunderstanding and worked to resolve it.
- A time you advocated for someone who was not being heard.

5. **Professionalism and ethical decision making**
- A time you witnessed behaviour that made you uncomfortable.
- A time you faced an ethical dilemma.
- A time you had to balance competing responsibilities or priorities.
- A time you recognized your own limitations or knowledge gaps.
- A time you had to make a difficult decision with incomplete information.

6. **Personal growth and self-awareness**
- A time an experience changed your perspective.
- A time you recognized a personal weakness and worked to improve it.
- A time you stepped outside your comfort zone.
- A time you demonstrated initiative or went beyond what was expected.
- A time you felt particularly proud of something you accomplished.

7. **Medicine and patient care**
- A patient encounter that had a significant impact on you.
- A time you advocated for a patient.
- A time you encountered uncertainty in a clinical setting.
- A time you learned something important from another healthcare professional.
- A time an experience reinforced or challenged your decision to pursue medicine.

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How to Prepare Your Examples

For each experience, jot down a few notes using the **STAR Framework**.

Component	What to Consider
S: Situation	*What was happening? Provide enough context.*
T: Task	*What was your responsibility or challenge?*
A: Action	*What did YOU specifically do?*
R: Result	*What happened, and what did you learn?*