



the

Interview *Field Guide*

A SHORT STARTING FRAMEWORK FOR APPLICANTS

written by

Denis

PharmD Candidate · Ümari

BEFORE YOU BEGIN

Four pages, not four weeks.

This guide is deliberately short. It gives you the four moves that change most interviews: a story bank, a shape for your answers, a way to think out loud in an ethical scenario, and a week of practice that is small enough to actually finish.

It will not rehearse you. Rehearsal needs another person who can hear where your answer drifts, name it kindly, and make you try again. That part happens in a session, not on a page.

Read it once tonight. Do the practice line at the bottom of each chapter. If you find yourself wanting a real listener, that is the guide working.

Warmly,

Denis

SECOND-YEAR PHARM D CANDIDATE • ÜMARI



FOUR SHORT CHAPTERS

Table of *contents.*

Read in one sitting. Return one chapter at a time.

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— *four in all.*

CHAPTER I

start with evidence

Build a story *bank first.*

Before you write a single answer, gather the material you already have.

1

Most nervous answers come from having no example ready, not from having poor examples. Six real experiences will cover almost any prompt you are asked.

PRACTICE

- Write six experiences in one page: a success, a setback, a conflict, a moment you noticed unfairness, a time you led, a time you followed.
- For each, note the one sentence you would want the interviewer to remember.

**— FROM DENIS**

Choose experiences you still have feelings about. Those are the ones you can speak about honestly.

CHAPTER II

give it a shape

2

Answer in three moves.

Position, evidence, meaning. That is the whole shape.

Say your answer in one sentence. Support it with one specific example. Close with what it taught you or what you will do with it.

Structure is not a script — it is a route the listener can follow while you think.

PRACTICE

- Take one story and answer 'Why this profession?' in ninety seconds using the three moves.
- Cut the setup until the example starts within two sentences.

**— FROM DENIS**

If your answer has no third move, it was a summary, not an answer.

CHAPTER III

think out loud

Scenarios reward reasoning.

You are not being marked on the verdict. You are being marked on how you got there.

For an ethical or situational station, name the values in tension, name who is affected, say what you would need to know, then propose a proportionate action and a follow-up.

Slow certainty reads better than a fast conclusion.

PRACTICE

- Take any scenario and speak for two minutes without reaching a verdict until the final thirty seconds.
- End every scenario with a next step and the limit of your own role.

**— FROM DENIS**

Saying 'I would want to know more before deciding' is a strength when you then say what and why.

CHAPTER IV

practise small

4

One week, one behaviour.

Short spaced rehearsals beat a single long one.

Days one and two: research the program and finish the story bank. Days three and four: practise the three moves on unfamiliar prompts. Day five: one timed mock, recorded. Day six: repair one habit. Day seven: rest.

Change one observable behaviour at a time — pace, filler words, or how quickly you reach the example.

PRACTICE

- Record one answer. Watch it once for content, once for delivery. Choose a single fix.
- Book one mock with a listener who will interrupt you.

**— FROM DENIS**

*The last ten percent — timing, tone,
the hard follow-up question — is
what we work on together.*

ÜMARI

Rx 008

*Rx*

PRESCRIBED

One page of practice,
nightly.

Refill as needed until the week of the interview.

Prepare stories.
Practise structure.
Stay human.

IF YOU WANT TO GO FURTHER

This guide gets you to a competent answer. A mock interview with live feedback is what gets you to a memorable one — book an interview session at umari.org.

umari.org • hello@umari.org

SIGNED

Denis

SECOND-YEAR PHARM D CANDIDATE

DATED

the week before