



BES^t Video Interview

Instructions for Recording and Submitting

Thank you for your interest in the 2025 BES^t Healthcare Institute.

As part of the application process, you are invited to record and submit a short video interview using a series of standard questions. Simply respond to them as if they were being asked of you in an in-person interview. Our reviewers will use the video to both learn more about you personally and to assess your maturity and interest in our STEM-based program.

You will have 5 minutes total for which to answer the interview questions found below. When completed, please include a working link (preferably playable) to your video in the online application submission.

Before recording, you will need to make sure you have a computer or mobile phone with a camera and video capability so you're able to capture both video and audio. You may want to consider the following tips to prepare yourself and your space. We recommend these best practices to ensure you're ready for a great interview.

- *Cameras on* — We love to see your smile and engaging face. Be sure there is adequate lighting in video and that your background is not distracting.
- *Get comfortable* — Practice as many times as you would like before submitting the final video. But please submit only one video that answers the interview questions in a total of 5 minutes or less.
- *Ask questions* — Email us at Contact@BESTHealthcareInstitute.org or reach us at besthealthcareinstitute.org/contact/ with any video interview questions or difficulties.

We look forward to hearing more about you, students!

Sincerely,

BES^t Healthcare Institute

Video Interview Questions:

1. What is one thing that drew you to apply to the BES^t Healthcare Institute?
2. How will you know if your time in the BES^t Healthcare Institute this summer will be worthwhile?
3. Tell us about a time when you demonstrated leadership even when it may not have been considered the popular thing to do?
4. We have a competitive pool of applicants for this summer's BES^t Healthcare Institute. Briefly, explain why we should select you from amongst your peers to participate.