

Name: _____

Date: _____

Class: _____

Tell Me About Yourself

The most frequently asked yet one of the most difficult interview questions to answer: Tell me about yourself. Many people get stuck talking about too much worrying about what the interviewer really wants to know and what information they should include.

Set the Tone

List five skills or strengths you have that are relevant to the position you are interviewing for. These should be the five things that set the tone for your interview; think to yourself what do you want the interviewer to think about and remember when you leave.

List 5 Skills/Strengths that are important to you

- 1.
- 2.
- 3.
- 4.
- 5.

Prepare your Star Story

Also known as an elevator pitch, you should always be prepared to give your Star Story. A Star Story is a brief explanation of your past experiences, successes, strengths, abilities, and hopes for the future. The Star Story, or elevator pitch, should be as long as it takes to ride an elevator, so only thirty seconds to maximum one minute in length.

Write a short script that includes the information you want to share.

Practice Makes Perfect!

Practice with your script until you feel confident about what you want to focus on in your pitch. Do NOT memorize it! Your interview should sound natural, conversational and not robotic. The more familiar you are with your pitch, the better you can sell yourself in an interview.