



How to answer

# TELL ME ABOUT YOURSELF

*The hardest question in every interview*

## 1 PAST; *What brought you here?*

- Personal and Professional
- Desire to work in the field based on personal interests
- Your research that led to this field or interest

## 2 PRESENT; *What are you doing to prepare right now for the future?*

- Professional (and relevant personal) interest
- Education and/or experiences that have prepared you for the interviews and jobs
- Other additional interest that show your personality for company culture

## 3 FUTURE; *What are your goals for the future?*

- Educational, professional and personal goals

## 4 WRAP UP; *What's the point?*

- Why are you excited about the specific employer and position?
- How do you see yourself as an asset to their team?



**Tell me about yourself:** Consider your thoughts to the above questions and ideas and complete your statement of response below. You could write full sentences or just write topics and ideas you want to discuss. Then practice it aloud, in front of a mirror, with friends, etc. so that you can say it easily and comfortably!

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**Sample:** Hello, my name is \_\_\_\_\_ and I am a \_\_\_\_\_ year student at Shippensburg University studying \_\_\_\_\_. I've had some experience with \_\_\_\_\_ (relevant story), which is why I'm so excited to be here today talking with you about \_\_\_\_\_.