

How to Answer "Tell me about Yourself"

Sometime in your lifetime of interviewing, you will be asked in an interview, "Could you please tell me about yourself?" Many employers will use this question as an ice breaker right at the beginning of the interview. This one question can be very important because it will set the tone for the entire interview.

First and foremost, when preparing for this question, it's important to keep your answer relevant to your professional work experience as it relates to the job you are applying for. For example, if you are applying for a customer service position, talk about all of the customer service experience you have or skills you've gained that could be used in a customer service role.

Additionally, you want to avoid sharing personal information. For example, telling an interviewer whether you're married or how many kids you have may prove to be unhelpful. Personal information could cause an employer to make inferences about you that may or may not be true. For example, if you talk about your school-aged kids, an employer may jump to the conclusion that you will be missing a lot of work due to sick children.

It is also important to show enthusiasm. People can see and hear your true interest in your face and your voice. Remembering to smile and show some excitement regarding being able to interview with the employer keeps them interested in you and provides a more pleasant interaction.

Finally, keep this answer short and sweet. This is not the time to be vague. Be clear and concise about your relevant work experience and be careful not to start rambling by getting lost in your answer.

One model that could be used when answering this question is to think about the acronym:

"S.E.T." – Skills, Experience, and Time

For example, if you were applying for a Customer Service Representative position at an insurance company, one way to apply this framework to your answer could be:

"I've been working in the customer service field as a cashier for about 4 years now. I'm thankful for the opportunity to interview for this position today as it will allow me to use the skills I've gained and continue to grow in this field that I love."

S: Skill – I've been working in the customer service field

E: Experience – as a cashier

T: Time – for about 4 years now.

From here you can elaborate on why you like the industry and your hopes to continue and expand your career in that industry.

Hopefully, this information is helpful as you prepare for your next interview. Remember to reach out to your FSET Case Manager if you are stuck and utilize them to practice practice practice!

References:

<https://www.youtube.com/watch?v=LuWGX8Ye8TQ>