

Strategies for a Successful Interview

Context

The interview can often be the most nerve-wracking part of the job search journey. The following tips aim to alleviate some of that stress. Among the various stages of job hunting, this is the phase where preparation and practice can make the most meaningful difference.

Interview Tips

An interview is essentially a conversation. Like most conversations, it's not just what you say that matters, but also how you say it. You'll be sharing short stories about yourself and by doing so, showcasing the strengths you bring to the role. Here are some key tips:

- **Pre-interview:** Research the organization. Bring physical copies of your resume, cover letter (if applicable), and references. Arrive 10-15 min early. Dress appropriately; if unsure, dress more formally than too casually.
- **Practice storytelling:** Familiarize yourself with the STAR (Situation, Task, Action, Result) method. You might be asked to share examples highlighting your problem-solving abilities or conflict resolution skills. Essentially, these are concise stories illustrating relevant aspects of yourself. Practice telling them to friends, colleagues, fellow students, or with us at the UNBC Career Centre.
- **Keep it concise:** Shorter answers are typically more effective. Try to keep answers within one or two minutes. If the interviewer wants you to elaborate further, they will ask.
- **Ask questions:** An effective interview, like an effective conversation, is a dialogue. Demonstrate your interest and enthusiasm by asking thoughtful questions about the role and organization.
- **Be positive:** Regardless of the topic or question, maintain a positive attitude. Always demonstrate a readiness to focus on the positives and opportunities for growth and learning.

Closing Remarks

More than any other stage in the job search process, interview skills improve with practice. Nothing beats sitting down with friends, colleagues, or the staff at the UNBC Career Centre to refine your interview skills. Practice interviews can be scheduled through the 1:1 tab on the UNBC Career Centre website.