"Tell Me About Yourself"

"Tell me about yourself" could be considered the hardest, yet also the most asked, interview question. The challenge with this question is that it seems so general — but in truth, hiring managers are looking for a concise 60 to 90-second answer that highlights why you are a good fit for the position you are seeking.

Formula

Here is a formula that will help you create a winning answer to this question.
Use the "present-past-future" framework to help you develop your response.

1. Present: Who are you? What are you currently doing that is relevant to this position?

2. Past: What experiences have prepared you for this position? What skills do you want to highlight?

3. Future: Given your past experiences, why are you interviewing for this position? How does it fit into your career goals?

Keep in Mind

A well-thought-out "tell me about yourself" answer includes the following:

- ☑ Highlights of your best qualifications and what makes you a unique candidate (this can also set up opportunities for follow-up questions that will allow you to provide more details on experiences that you feel make you well-qualified for the position)

- ☑ Points tailored to a specific industry, organization, and role

- ☑ Explains why you are targeting that company or changing fields, and why this opportunity is better aligned to your interests, values, and skills

- ☑ Follows a clear storyline and is organized to emphasize the task and your skills

- ☑ A 60 to 90-second response focused on essential details

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