

Question: Tell me about yourself

The recruiter wants you to “pitch” yourself and show why you’re the right person for the job. This question sets the tone for the rest of the interview, so it’s important to prepare and feel comfortable with your answer.

Response structure: Present — Past — Future

This clearly tells the recruiter your present situation and carefully chosen, relevant information about your past experience. It also clearly says what you’re looking for in the new position.

You’ll make a good impression by carefully choosing information that is relevant to the new position!

Present:

Your current situation, and any accomplishments or successes you’ve had in your current position.

- ❖ “Right now, I’m a *(job title)* at *(company name)* where I *(activity connected to the new opportunity)*.”

OR, if you’re unemployed:

- ❖ “I’m a *(professional identity)* and I *(specialization, or activity connected to the new opportunity)*.”

EXAMPLE: I’m an internet consultant and I work a lot with major client accounts.

Past:

Show how your previous experience helped you arrive in your current situation.

- ❖ “Before that, I (*relevant previous position or experience*), where I (*activity you did, things you learned, etc.*)
- ❖ “In my career, I’ve (*relevant experience from your past*). This (*benefit of the past experience*).”


EXAMPLE: In my career, I’ve worked with for clients such as Orange, Virgin, and Harley Davidson France. This means that I’m used to working on very big projects for demanding clients who have tight deadlines and many parameters to take into account (à prendre en compte).

Future:

Why you’re excited about the opportunities the new job offers.

- ❖ “Now, I’d love to (*what you want in the new position*), where I can (*benefit you can bring to the company*).”
- ❖ “What I’m looking for now is (*what you want in the new position*), where I can (*benefit you can bring to the company*).”

EXAMPLE: What I’m looking for now is the opportunity to combine my web design and project management skills and lead a team of designers on important projects.

 *Christina’s tip: Customize your answer to this question so that it corresponds to the job you’re applying for. Like your CV, this answer needs to be specific for the job you want.*

Now it's your turn!

Make notes to prepare to answer “Tell me about yourself.”

Describe the job you're interviewing for. Think about how it relates to your experience:

Describe your present situation:

Describe your past experience:

Describe why you're excited about the new opportunity:

Now, practice saying your response to sound comfortable and natural.