

Interview Preparation & Confidence Guide

Interviews can feel stressful, especially when it is your first time speaking with an employer or program coordinator. The goal of an interview is not perfection. Most interviewers simply want to understand how you think, communicate, and handle responsibility.

Before the Interview

Research the organization beforehand. Learn basic information about what they do, what the role involves, and why you are interested in it.

Common Questions

- Tell me about yourself.
- Why are you interested in this opportunity?
- What is a challenge you have overcome?
- How do you handle teamwork?
- What are your goals for the future?

Confidence Tips

Speak a little slower than you think you need to. Make eye contact when possible. It is completely okay to pause and think before answering a question.

After the Interview

Send a short thank you email within twenty four hours. Thank the interviewer for their time and briefly mention something you enjoyed discussing.