

Tips for Answering “Tell Me About Yourself” In An Interview

Interviewers often start the conversation with a question such as “Can you tell me about yourself?” This resource is a quick guide to creating a strong professional introduction.

Present ➔ Past ➔ Future Formula

Use your answer to clearly explain who you are, what experiences have prepared you, and why you are interested in the opportunity.

- **Present:** Who are you now?
 - Briefly introduce your major, academic focus, or professional interests.
- **Past:** What has prepared you?
 - Highlight a relevant job, internship, campus activity, volunteer experience, project, or coursework. Include skills you developed.
- **Future:** Why this opportunity?
 - Connect your interests and goals to the position or organization. Explain why you are excited about the opportunity.

Tips for a Strong Answer

- **Keep it concise.** Aim for about 60-90 seconds.
- **Be relevant.** Choose experiences and skills that connect to the position.
- **Show don't just tell.** Support your skills with a brief example.
- **Don't repeat your resume.** Connect the important parts of your background into a clear story.
- **Tailor your answer.** Align your response with what the employer is looking for in a candidate.
- **Practice out loud.** Your answer should sound natural and conversational, not memorized.

Quick Formula

“I am currently a [*student or recent grad*] focused on [*area*]. I have gained experience through [*coursework, internship, project, job*], where I developed [*key skills*]. Your organization aligns with my goals and interests because I am looking to continue growing in [*skill or field*]. I am excited about this opportunity because [*reason*].”