

# Preparing for interviews

There's lots of information on the [Interviewing](#) section of CareerHub. Below are some highlights!

## Before the interview

**Research the company:** There's lots of sources to learn about the company beyond the website.

- What can you learn about the company from their socials or a news search?
- Can you locate a recent strategic plan? What are their goals and where are they headed?
- Do you know someone who's worked there previously? What can they tell you?

**Brainstorm [questions](#) you'd like to ask:** Reread the job description, your application documents, and information you learned about the company. What are you curious to know or learn more about?

- What would be a key project or priority for the successful incumbent?
- Could you share some information about the company's mentorship program?

**Practice, practice, practice!:** Practicing your responses can help with preparation and [interview anxiety](#).

- Brainstorm flexible examples you can use to substantiate your responses.
- [Connect with a Career Advisor](#) for a mock interview or practice with a peer or a sibling.

## Day of the interview

**How to show up:** You might read or hear advice about how to show up for an interview (i.e., what to wear, how to talk, where to look, how to hold your body, etc.). Upholding one example as the ideal for everybody to emulate causes harm. Show up in ways that feel safe for you!

- Choose clothing that you feel confident in and that you feel comfortable wearing.
- Decide what supports you need available like water, a pen and paper, a fidget toy, etc.

**Determine logistics:** What's the [format](#) of your interview? Where and when is your interview?

- Plan your route and give yourself ample time to get to an in-person interview
- Test your tech and ensure you're okay with your background for remote interviews

- Chat with [CEE Hub](#) to book a room in TC for a remote interview or for a quiet place to practice!

### **After the interview**

**Follow-up:** While not mandatory, [sending a follow-up](#) email helps affirm your interest in the job.

- What context would you like to emphasize about your candidacy?
- Is there a piece of information you didn't have time to discuss in the interview?

**Celebrate!:** Regardless of the outcome, you showed up for yourself. Celebrate your achievement!

- Sometimes we spiral after an interview and start overthinking. Take some time to decompress and practice self-care in ways that feel meaningful to you.
- [Debrief](#) with yourself, a peer, or a Career Advisor. Where did you feel confident? Where did you feel uncomfortable or unclear? What would you like to do the same or differently next time?