

Preparing for interviews

Before the interview

Research: Learn about the company from their website, socials, or news. Can you find 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 to ask the employer: What are you curious to know more about? For example, "what would be a key project or priority for the successful candidate?" or "could you share some information about the company's mentorship program?"

Interview types: What's the format of your interview? Clarify if your interview is behavioural or technical and inquire about who will be on the call if this information hasn't already been shared

Practice: Preparing responses to typical interview questions and practicing out loud can help with interview anxiety. Connect with a Career Advisor for a mock interview or practice with a peer.

***Tip:** We recommend using the STAR approach for behaviour-based interview questions

Day of the interview

How to show up: We encourage you to show up in ways that feel natural for you. Choose clothing that makes you feel confident and comfortable. Do you need water, a pen/paper, fidget toy, etc.?

Logistics: Give yourself extra time to get to an in-person interview. For virtual, test your tech and ensure you're okay with your background. Chat with CEE Hub to book a quiet room in TC if needed.

After the interview

Celebrate: Regardless of the outcome, celebrate your achievement! Sometimes we spiral after an interview and start overthinking. Take time to practice self-care in ways that feel meaningful to you.

Follow-up: While not always possible, sending a thank you email affirms your interest in the job

Reflect: Debrief with yourself, a friend, or a Career Advisor. Where did you feel confident? Where did you feel uncomfortable? What would you like to do the same or differently next time?

You can find more information and tips on the Interviewing section of CareerHub.