I have an interview.

Good. Here's how to walk in clear, calm, and ready to be yourself.

The best advice: be you

The things that make you a good teammate, like working hard, caring, being curious, learning fast, and helping others, are what any good team is looking for.

Keep it in perspective

- **It's a two-way conversation.** Both sides are looking for a fit. It isn't pass or fail.
- **Every interview is experience.** There are other opportunities out there.
- **Nerves are good.** They mean you care. Prepare a little, and breathe.

How the process usually works

Application → Screening → Interview(s) → Offer → Start. If they don't tell you what happens next, ask.

1. Your resume highlights

Pick the 3 to 5 things you most want them to remember. For each, a short story: what you did, what was hard, what you learned. Anything counts, including a campus job or restaurant work.

2. Your story

Use your resume as a storyboard: growing up, high school, choosing your college and major, college so far, and what's next. Then answer "Tell me about yourself" in 60 to 90 seconds:

- **Who you are:** major, year, what drew you to the field.
- **What connects:** one or two related experiences.
- **Why here:** why this role at this company.

Say it out loud a few times. Time yourself.

3. Your whys

Why am I a good addition to any team? Why am I interested in this opportunity? Why am I the right fit for this team?

4. Research and your questions

Read the job description, the company's website, projects, and news, and your interviewers' LinkedIn profiles. Talk to someone on the inside if you can. Questions worth asking:

- What is the most important responsibility in this role?
- What does success look like in the first 6 to 12 months?
- What's the biggest challenge this team is facing?
- What does training look like for someone starting out?

Ask one or two early, not only at the end.

5. Your close

Thank them. Say you're interested, and why. Ask if they need anything else, what the next step is, and whether you could see where you'd work.

After the interview

☐ Thank-you email within 24 hours, with something specific

☐ Connect on LinkedIn with a short personal note

☐ Watch your email and respond quickly

☐ Write down what went well and what you'd change

Remember

You are ready for this, even with no prep. You are who you are, and that's more than enough. The best advice one more time: be you.

Sources

Matthew Wohl (LinkedIn); Andy Hilger and Mike McSally, "How to Find a Job" (YouTube); Jim Riney, Freese and Nichols. Your campus career services office offers free mock interviews.