



Responding to “Tell Me About Yourself”: Two Approaches

Use the two different guides below to prepare your answer to one of the most common interview questions. Be prepared to speak for about 60 to 90 seconds.

Make Your Case: Education → Experience → Fit

Start With Your Education:

- What did you study and how has it prepared you?
- Highlight anything that might stand out: GPA, Honors/Awards, unique areas of study or specific coursework.
- Consider making it personal by adding why you chose your major, how it inspired you, or what you really enjoy about it that could relate to this opportunity.

Highlight Work Experience:

- Explain work experience and have a talking point for any experience that can relate to why you’re a fit for the job. What skills did you gain or what did you learn?
- What technical or transferrable skills can you highlight from your experience?
- Are there activities or organizations where you have developed skills that you can relate to the job? What is an example you can give?
- Is there something about these experiences that sparked your interest in this type of work or employer?

Why this Opportunity?

- End your introduction with why your skills and experience make you the right fit for this job.
- What is it about this job that interests you and why would your skills and experience fit?

Education → Experience → Fit: Example Response

“I’m currently a senior at the University of Arizona double majoring in Psychology and Information Science and eSociety and have maintained a 3.6 overall GPA during my entire undergraduate career. I learned to conduct both qualitative and quantitative research and apply the results to creating more engaging and strategic digital storytelling on social media platforms.

While at UA, I served as the social chair of my sorority, planned six fundraising events, and coordinated over 300 hours of community service. In addition, as Student Marketing Assistant, I managed the Instagram and Facebook account for the Office of Parking and Transportation to create content that provides timely information and updates, which contributed to a 60% increase in followers since Fall 2019.

My academic background and previous social media marketing experience would make me a great fit for the Jr. Social Media Coordinator position at Company XYZ. I love that the company strategy takes a grassroots approach to increasing engagement in the community. I think I would be able to capture the voice of the company’s brand to make an immediate impact on your social media presence, which is why I’m so excited about this opportunity!”



Tell Your Story: Past → Present → Future

Start With Your Background:

- What is your name and where are you from?
- What early experiences developed your interest in your area of study, your industry of interest, this organization, or this type of work?
- How did you make the decision to come to UA?
- Consider making it personal by adding why you chose your major, how it inspired you, or what you really enjoy about it that could relate to this opportunity.

What Are You Doing Now?

- What is your major(s)/minor(s) and how have they prepared you for this field?
 - Highlight anything that might stand out: GPA, Honors/Awards, unique areas of study or specific coursework.
- Explain your involvement in any internship, research, volunteer, student group, or work experience that demonstrates a relevant qualification for the position (use the job description as a guide!).
- What technical or transferrable skills do you utilize now that would make you a strong candidate?

Align Your Future with the Current Opportunity

- How does this opportunity fit in with your career goals?
- Why, specifically, would your skills and experience fit this role or this organization?

Past → Present → Future: Example Response

“My name is Wilbur and I’m from Glendale, Arizona. Since I was little, I can remember how active my parents were in both local and national politics. They took me to vote in my first election after I turned 18 and instilled in me the value of using my voice and my vote to make a positive impact on my community. After high school, I was drawn to attend UArizona to pursue their Bachelor in Law program with a minor in Environmental Science.

Currently, I work as a Student Research Assistant for Dr. Example, where I review and summarize policy responses to natural disasters and their effects on community resilience in U.S. coastal regions. I also gained technical skills in data analysis by utilizing both Excel and basic R programming language to complete data analysis projects in my upper-division courses.

The Student Legislative Intern position is a perfect fit for my skills in communication, report writing, and data analysis. This position would also provide valuable real-world experience in environmental public policy development and support my ultimate career goal of attending law school after graduation.”