

The Two “Minute Tell Me A Little About Your Self” Drill

Almost every job interview starts off with this question, and it’s not one that you want to answer “off the cuff”. This question may set the tone for the whole interview, so you want to make the most out of this opportunity to talk about yourself.

1. Brief introduction
2. Your key accomplishments, credentials, education, career start
3. The key strengths demonstrated by these accomplishments - career progress, growth, most recent accomplishments
4. The importance of these strengths and accomplishments to your prospective employer
5. Where and how you see yourself developing in the position for which you’re applying - What you want (tempered with the right amount of modesty)

By working on this statement, you will get a clear focus as to what skills you have, and what you would like to do with them. The better you know it, the better you will be able to articulate it to others, and the more self confidence you will project. Once you have this statement down, you can use it at interviews when you meet people at workshops, conferences and career fairs!

SAMPLE -

I am a graduate of The University of Texas at Austin, where I earned a bachelor’s degree in psychology. Following graduation, I worked in a social service agency for homeless individuals, where I became interested in client advocacy, as a result of finding a lack of social services available for the homeless. After two years of working directly with clients, resolving their immediate needs as best as possible, I realized that I wanted to further my education, to gain more knowledge about the field of social work, and to learn more about client advocacy. While in school, I had my first field placement at Caritas, which strengthened my skills further in dealing with the homeless. My second field placement was with the Salvation Army, working with the Executive Director on projects related to community networking. I have also specialized in Administration and Planning courses to prepare me for a management position. I continue to be very committed to working with the homeless, and with my master’s degree in social work, I am interested in a position in management with NeedAHome? Agency.