“Tell me about yourself”

“Tell me about yourself” is one of the most dreaded questions, but a very common opening question during an interview. Many job seekers struggle with this question because it is so broad in nature. Here are a few tips to keep in mind:

- This is your opportunity to share some selling points as it relates to the position
- Do not tell your life story
- Focus briefly on your qualifications and strong interest for the position
- Speak of a current experience (academic / professional / practicum)
- Share something interesting about you

Example: "I am a recent graduate from the University of Illinois at Chicago School of Public Health with a background in community health sciences. I have worked as a health educator for five different underserved communities throughout the Chicago land area focusing on nutrition and childhood obesity. I recently had the opportunity to work as part of a taskforce in creating a healthy eating curriculum that will be implemented in various Chicago Public Schools. I am very passionate about educating children and adolescents on the importance of healthy eating and leading a physically active lifestyle. I recently joined Girls on the Run as a volunteer coach to encourage young girls to be healthy and strong and realize their full potential.

Tell me about yourself:

Qualifications:__________________________________________________________________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________

Achievement / contribution to your field / recent experience:
__________________________________________________________________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________

Share something interesting:
__________________________________________________________________________________________________
__________________________________________________________________________________________________