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supporting you

## Preparing for a Successful Interview

### What are some sample interview questions?

"Give me an example of a time when you set a goal and were able to meet or achieve it."

"Describe a time when you were faced with a stressful situation at work and how you dealt with it?"

"Tell me about a time when you disagreed with a teammate. How did you handle that?"

### How can I best answer interview questions?

We recommend that you use the **S.T.A.R.** Interview Model.

**Situation:** Describe who you were working for and what your job title was at the time of the task.

**Task:** The assignment given to you by your manager, supervisor or team lead.

**Action:** What did you do to complete the task that you were assigned to complete?

**Result:** The outcome from completing the assigned task.

### Questions to ask your interviewer?

- What does a typical day look like in this role?
- What are the skills and experiences you are looking for in an ideal candidate?
- What does training look like for this position?
- What type of growth and advancement opportunities are available to people in this role?
- What are the performance expectations of this position?

### Last minute tips

- Stay calm
- Try a relaxing breathing technique
  - Inhale for 4 seconds
  - Hold the air in your lungs for 4 seconds
  - Exhale air out for 4 seconds
  - Hold your lungs empty for 4 seconds
  - Repeat
- Think of things that will make you smile and put you in a good mood—this will put you in the right state of mind for your interview
- Last but not least, just be yourself!