



HOW TO ANSWER: “TELL ME ABOUT YOURSELF” IN AN INTERVIEW



Follow the Formula:



PAST

Tell the interviewer about how you got to where you are. Mention previous experience that applies to the position.



PRESENT

Talk about your current position and recent accomplishments.



FUTURE

Mention what you hope to do next, why you are interested in this position, and what you can bring to it.

When writing your own, you can change the order of the “formula” to place the present first. Whichever feels the most natural to you!

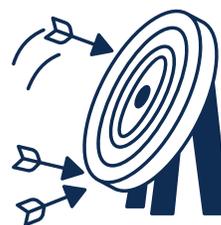
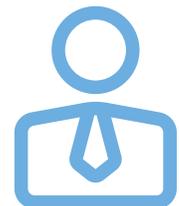
Bonus Tips:

- First impressions matter! Telling them about yourself is often the beginning of an interview.



- Customize your answer for each interview. Be sure to articulate exactly what experience qualifies you for this position

- Keep it professional while also speaking with passion. Infusing passion into your answer helps you stand out and be memorable!



- Practice! You will want to deliver the answer to this confidently, which means knowing exactly what you want to say in a strong and succinct way.

Example:

“I am currently a junior at Bethel majoring in computer science and pursuing a minor in theater arts. I have been spending this summer interning at a theater nonprofit. I’ve had a chance to put my coding skills to good use by helping revamp the organization’s ticket sales page. Since it launched two weeks ago, the time it takes patrons to get through the purchasing process has decreased by 43%. It’s been exciting to be in this environment because I’ve loved theater since I did my first school play in 7th grade—it was 13: The Musical, and I landed the role of Patrice. I even led The Howard Players my senior year. This internship experience has only reinforced my desire to merge my CS skills with my passion for theater, so I knew I had to apply as soon as I saw the junior web developer role here.”

Wanting to learn more? Check out these resources:

- [How to Answer “Tell Me About Yourself” in an Interview \(TheMuse\)](#)
- [How to Answer “Tell Me About Yourself” in Your Next Interview \(InsightGlobal\)](#)
- [“Tell Me About Yourself” Interview Question: 26 Answers \(Handshake\)](#)