



# Developing Impressive Interview Stories

## What makes the best interview stories?

- The ones that make you proud.
- When you are telling the stories there is a light in your eyes and warmth in your smile.
- There is energetic excitement in your voice.
- They supply enough detail, so they are easy to follow and understand.

## How do you find these stories?

- Brainstorm 7+ proud moments (the more you produce the better the stories usually are).
- Think about different possibilities – academics, work, volunteering, extra-curricular, or hobbies.
- Knowledge, skills, and attitudes (KSAs) from the job posting – do you have an example for each of the KSAs the employer has asked for or needs?
- Stories for common interview questions: Tell me about yourself? What makes you the top candidate for this role? What is your biggest weakness? Why should we hire you?

## Guidelines to follow – STAR Technique

### S – What was the situation?

In my final year of university, I worked for The Princeton Review as a Campus Representative. We supply prep courses for students to help them prepare for exams for graduate and professional school admissions like the MCAT or GRE.

**T – What task was being completed?** In my role I had to market and sell courses to students at Guelph.

### A – What actions did you take?

I attended meetings to share information to student groups like the Guelph Pre-Med Club and the Pre-Law Society. I spoke to classes in related programs like Political Science and Biomedical Sciences to reach the largest number of students I could.

### R – What was the result?

Because of my hard work, I achieved 150% of my online revenue goal. I was awarded the Regional Campus Representative of the Year Award. The most rewarding part though was hearing from students. They shared with me how the prep course they had taken helped them meet their goal to get into professional school. This feedback was meaningful to me because it made me feel like the work I did changed peoples' lives.

## Practice! Consistency is The Key to Success

**Round One:** Start by saying each of your stories aloud. You can do it in front of a mirror or use your webcam. Are you comfortable with the delivery? Adjust based on what you see.

**Round Two:** Find a partner to act as an interviewer. Roommates, friends, family members all make good choices. They can let you know if your answers are easy to follow and assess how impressive your responses are. Follow their recommendations if you agreed with their assessments.

**Round Three:** Set up a mock interview with a Career Advisor or Peer Helper. Book an appointment through [experienceguelph.ca](http://experienceguelph.ca). Provide us with a job posting you would like to be interviewed for and a copy of your resume and cover letter. We want to help you be successful in your interviews.