Interview Preparation Checklist

Most employers consider the interview to be the key component of their selection process. Use this checklist to determine if you are ready for professional interviews, as well as to track essential “to do's” before each of your scheduled interviews.

Before Interviews

General Preparation

_____ Do you have appropriate interview attire? Consider having at least two interview outfits. If you do well during a screening interview, you may be called back for a second interview. Or, you may have the opportunity to interview in the same week with multiple employers. For each interview, your clothing will need to be clean, pressed, and properly hemmed/alter to fit well.

_____ Know how to respond to typical interview questions such as:
  - “Tell me about yourself”
  - “What are your greatest weaknesses?”
  - “Where do you see yourself in 5 years?”

_____ The best way to know for sure if you are prepared is to conduct a mock interview with SOM Career Services. Email somcs@binghamton.edu to schedule a mock interview before your next real interview!

Preparation for Scheduled Interviews

_____ Research the organization so that you know, at minimum, the following information:
  - What are the mission and vision of the organization?
  - What is the organization’s history? How old is the organization?
  - What has been their annual growth over the past 5 years?
  - Where is the corporate/national headquarters located?
  - What are their goals for improving upon the products or services they provide?
  - What trends are affecting their industry?
  - What recent news items have been published about the organization?

_____ Understand the position description and how your skills and experience qualify you for the job.

_____ Use the Behavioral Based Interviews questions to prepare for questions focused on your mastery of past situations.

_____ Have a solid response to the question “Why do you want to work here?”

_____ Prepare 3-4 questions to ask the interviewer about the company and the position.
Know the location of the interview, how to get there, and where to park. Consider driving to the site the day before to establish how long the commute will take (you don't want traffic or construction detours to make you late!)

Make copies of your resume and reference list in case you meet with more than one interviewer.

Assemble your job search documents into a padfolio that also includes paper, pen, and your driving directions.

Get a good night's sleep!

**Day of/During the Interview**

Eat a nutritious breakfast.

Conduct usual grooming rituals—shower, shave, brush your teeth, use minimal makeup, wear your hair in an appropriately conservative style, forego the cologne or perfume, trim nails and refrain from bold nail color, remove any extra piercings, cover tattoos if necessary.

Allow more than enough time to arrive to the interview 10 to 15 minutes early; have the company phone number available in case something unavoidable happens to cause you to be late.

Run through your questions and answers; remind yourself of the qualifications you are bringing to the table (they wouldn't have selected you for an interview if they thought the position was beyond your capabilities).

Greet the receptionist and anyone you meet with a smile and respect.

Take several deep breaths to relax while waiting for the interviewer; visualize yourself as being poised and confident.

Greet the interviewer(s) with a firm handshake, steady eye contact, a smile, and address them as Mr., Ms., Dr., etc.

Do not act casually—sit only when invited to sit, don't use casual language ("like," "you know," etc.)

Sit up straight to project confidence and enthusiasm (one of the key things the interviewer will be looking for is your overall motivation: make sure you demonstrate that you are positive and achievement-oriented).

Pause before answering a question to give some thought to what's being asked; ask for clarification if needed.

In a panel interview, make good eye contact with each person in the room throughout the interview.

Refrain from speaking negatively about your former job, supervisor, coworkers, or company.

Answer questions as concisely as possible and avoid making self-deprecating comments; i.e., “I'm not very good at…”

Be a good listener—don’t ask questions that have already been addressed, and don’t interrupt others.

At the end of the interview, make sure you know the next steps—how soon will they have a decision? Should you contact them or will they contact you?

Don’t ask questions about salary and benefits until an offer has been made or a second interview has been scheduled.

Shake hands with the interviewer(s), thank them for their time, tell them you look forward to hearing from them soon.

**After the Interview**

Within 24 hours, send an e-mail to thank the employer for the interview and to reiterate your interest in the position.

Evaluate your performance, making notes for things to do differently at future interviews; commend yourself for things done well.

Contact the interviewer if you don't hear back from them within the stated selection timeline.