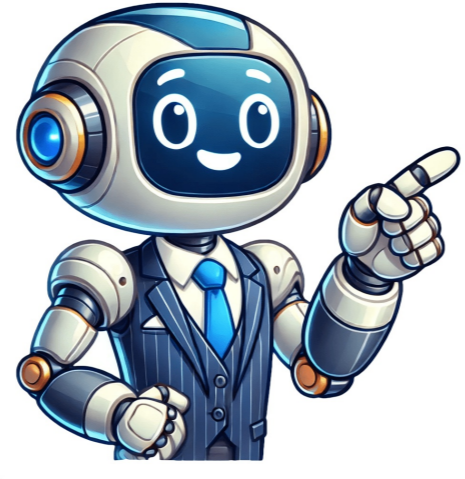


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How to answer tell me about yourself job interview

Getting ready for a job interview? You'll likely face the classic "Tell me about yourself" question. This common opener sets the tone for the whole conversation. It's your chance to make a great first impression and highlight your best qualities. Knowing how to answer this question can give you a big advantage in your job search. You want to be prepared with a clear, concise response that showcases your strengths. But what exactly should you say? In this article, we'll look at some strong example answers to help you craft your own perfect response. You'll learn what to include, what to leave out, and how to make your answer memorable. Get ready to nail your next interview introduction!

Understanding the Question "Tell me about yourself" is a common interview opener that can set the tone for the whole conversation. It's your chance to make a great first impression and highlight your key strengths. The Purpose Behind the Question Interviewers use this question to break the ice and get you talking. It's a way to ease into the interview and learn about you. They want to see how you present yourself and what you choose to focus on. This question also tests your communication skills. Can you give a clear, concise answer? Do you ramble or stay on point? Your response shows how well you can organize your thoughts and express yourself. What Interviewers Are Looking For When asking "Tell me about yourself," hiring managers want to see if you're a good fit for the role and company. They're looking for relevant skills and experiences that match the job description. Your answer should highlight your professional background and achievements. Focus on what makes you unique and valuable as a candidate. Share 2-3 key accomplishments that show why you're great for the position. Related: 36 Smart Answers to "What Makes You Unique?" Smart Answers for Inspiration For Recent Graduates Template 1: "I'm a [degree] graduate from [university] with a passion for [field]. During my studies, I [key achievement]. I'm excited to start my career in [industry] and contribute my skills in [relevant areas]." Example: "I'm a computer science graduate from State University with a passion for software development. During my studies, I created a mobile app that won our school's innovation contest. I'm excited to start my career in tech and contribute my skills in Java and Python programming." Template 2: "As a recent [degree] graduate, I've gained valuable skills in [area 1] and [area 2]. I've also [relevant experience], which has prepared me for [desired role]." 200 Skills Examples for a Resume Example: "As a recent marketing graduate, I've gained valuable skills in social media management and content creation. I've also completed an internship at a local startup, which has prepared me for a role in digital marketing." Template 3: "My [degree] in [field] has given me a strong foundation in [key skills]. I'm particularly interested in [specific area] and have [relevant project or experience] to back it up." Example: "My degree in environmental science has given me a strong foundation in data analysis and research methods. I'm particularly interested in renewable energy and have completed a capstone project on solar panel efficiency to back it up." Template 4: "I've just finished my [degree] with a focus on [specialization]. During my time at [university], I [key accomplishment]. Now, I'm looking to apply my knowledge in [desired industry]." Example: "I've just finished my business degree with a focus on finance. During my time at City College, I led a student investment club that outperformed the market by 10%. Now, I'm looking to apply my knowledge in the investment banking industry." For Career Changers Template 1: "I'm transitioning from [previous career] to [new career]. My background in [relevant skills] has prepared me well for this shift. I've also [upskilling efforts] to ensure I'm ready for this new challenge." Example: "I'm transitioning from teaching to software development. My background in problem-solving and communication has prepared me well for this shift. I've also completed a coding bootcamp and built several web applications to ensure I'm ready for this new challenge." Template 2: "After [number] years in [previous field], I'm excited to bring my skills in [transferable skill 1] and [transferable skill 2] to [new field]. I've prepared for this change by [relevant preparation]." Example: "After 5 years in sales, I'm excited to bring my skills in client relations and data analysis to marketing. I've prepared for this change by earning a digital marketing certification and managing social media for a local non-profit." Template 3: "My diverse background includes experience in [previous field], where I developed strong [relevant skill]. Now, I'm eager to apply these skills to [new field], where I've already [relevant accomplishment or preparation]." Example: "My diverse background includes experience in hospitality, where I developed strong customer service skills. Now, I'm eager to apply these skills to human resources, where I've already completed an HR management course and interned at a recruiting firm." Template 4: "I'm making a career switch to [new field] because [reason]. My previous role in [old field] gave me valuable experience in [transferable skill], which I believe will be useful in [new role]." 20 Examples: How To List Education on a Resume Example: "I'm making a career switch to data science because I'm fascinated by the power of data to drive business decisions. My previous role in market research gave me valuable experience in statistical analysis, which I believe will be useful in a data scientist position." For Professionals Template 1: "I'm a [job title] with [number] years of experience in [industry]. My expertise includes [skill 1], [skill 2], and [skill 3]. In my current role at [company], I've [key achievement]." Example: "I'm a project manager with 8 years of experience in the construction industry. My expertise includes budget management, team leadership, and risk assessment. In my current role at BuildCo, I've successfully delivered projects 15% under budget on average." Template 2: "Over the past [number] years, I've worked in [field], specializing in [area of expertise]. My most recent accomplishment was [specific achievement]. I'm now looking for opportunities to [career goal]." Example: "Over the past 12 years, I've worked in finance, specializing in corporate tax. My most recent accomplishment was saving my company \$2 million through strategic tax planning. I'm now looking for opportunities to lead a finance team in a growing tech company." Template 3: "I'm a seasoned [profession] with a track record of [key accomplishment]. My strengths lie in [skill 1] and [skill 2]. In my current role, I've [recent achievement], and I'm excited to bring this expertise to [target company/role]." Example: "I'm a seasoned marketing manager with a track record of launching successful product campaigns. My strengths lie in brand strategy and digital marketing. In my current role, I've increased our social media engagement by 200%, and I'm excited to bring this expertise to your e-commerce startup." Template 4: "With [number] years in [industry], I've developed a deep understanding of [key area]. I'm particularly proud of [major achievement]. Now, I'm looking to leverage my experience in [specific skill] to tackle new challenges in [desired role/industry]." Example: "With 15 years in the healthcare industry, I've developed a deep understanding of patient care systems. I'm particularly proud of implementing an electronic health records system that improved efficiency by 30%. Now, I'm looking to leverage my experience in healthcare technology to tackle new challenges in health tech startups." Tailoring Your Answer to the Job When you tell an interviewer about yourself, it's important to make your answer fit the job you want. This means highlighting parts of your background that match what they're looking for. 70 Example Phrases: Key Marketing Skills for Your Resume Analyzing the Job Description Look closely at the job posting before your interview. Pick out key skills and qualities they want. Make a list of these key points. Think about how your experience lines up with each one: this will help you focus on what matters most to the company. Matching Your Skills to the Role Once you know what the job needs, tie your skills to those needs. Use real examples from your past jobs or activities. If you increased sales by 20% in your current job, say that. If you led a team project that finished early, bring it up. These concrete examples show you're a strong candidate who can do the job well. Common Mistakes to Avoid When answering "Tell me about yourself," it's easy to make missteps. Being aware of these pitfalls can help you craft a better response and make a great impression. Avoiding Too Much Personal Information Keep your answer focused on professional details. Don't share your life story or talk about your family, hobbies, or personal life unless they directly relate to the job. Stick to your work experience, skills, and career goals. For example, instead of saying "I'm married with two kids and love fishing on weekends," try "I've spent the last five years developing my project management skills in the tech industry." Steering Clear of Redundancy Focus on highlights and achievements that showcase your skills. For instance, rather than listing all your past jobs, pick one or two key experiences that show why you're a great fit for this position. You could say, "In my last role, I led a team that increased sales by 30%, which I believe has prepared me well for the challenges of this position." Practice your answer to keep it under two minutes. This shows you can communicate clearly and respect the interviewer's time. Tell me about yourself. You'll hear these four fairly unassuming words at the beginning of almost any job interview. While this question is intended to be an icebreaker and help you ease into the interview, many candidates have a completely opposite reaction — freeze and get tongue-tied. Or, they get carried away and start nervously rambling and oversharing. This guide will help you find the right balance. What you'll learn: A proven formula for answering "tell me about yourself" + additional tips you can implement immediately Why interviewers ask this question (and what it means for you) "Tell me about yourself" example answers for various interview situations and jobs Here's how to best answer "tell me about yourself": Introduce yourself, tell them who you are and what you do. Then, talk about your past work experience, key responsibilities, and skills. Mention your relevant achievements. Finally, explain how your strengths can contribute to the company. Want to get an offer after every interview? Our interview prep tool will guide you through all the questions you can expect, let you record and analyze your answers, and provide instant AI feedback. You'll know exactly what to improve to turn your next interview into a job. ACE YOUR NEXT INTERVIEW Inside Big Interview, you'll learn must-know tactics few other candidates know + insider tips for any industry. And you'll be guided through the process by US' leading interview coaches. Our users land jobs 8 to 9 weeks faster than the national average. Get ready for your interview now. Why should you trust us? As a career coach for 15+ years, I've assisted thousands in landing their dream jobs. I've heard responses to "Tell me about yourself" countless times. Moreover, we've interviewed HR analyst Fabian Sandoval for his valuable advice, which will be featured throughout the article. Why Interviewers Ask "Tell Me About Yourself" To help you ease into the interview. You shouldn't have too much trouble talking about your background and interests. That's why interviewers think it's a good idea to take some pressure off by initiating an informal conversation. They also need some warming up before moving on to more complex technical, performance-based, and behavioral interview questions. To check how you handle open-ended questions. No matter what position you're applying for, good communication is an essential skill. And open-ended questions are the best way to see if you can express yourself clearly and effectively. To gauge if you're a good overall fit. When answering the "tell me about yourself" question, make sure your narrative resonates with what matters the most to the company and its values. For example, if your potential employer champions diversity, sustainability, or innovation, try to incorporate that factor into your answer. This will show that you did your research. To make the interview feel more like a conversation. A detail you share in your answer can catch the interviewer's attention and serve as a starting point for a string of follow-up questions that will turn the interview into a more natural conversation. To get a glimpse of the human behind the resume. Yes, the interviewer is interested mostly in the professional aspect of your life, but getting to know you as a person might reveal your hidden talents, potential, or strengths. You can mention an interesting hobby you're passionate about or a fun fact about yourself — especially if these bits align with the company culture. Bonus tip: "Tell me about yourself" is not the only way interviewers can phrase this introductory question. And even if it's formulated differently, your job is to recognize the intent and answer the question using the same formula. The Most Common Alternatives of the "Tell Me About Yourself" Question I'd like to hear more about you. Walk me through your resume. Could you share a bit about your background? Tell me more about your journey. Is there anything about yourself that's not on your resume you'd like to share? How would you describe yourself? Talk about the events that led you to pursue your current career? How to Answer "Tell Me About Yourself" If you prefer video format, here's a video breakdown of how to answer "Tell me about yourself": Focus on your professional life and use the present-past-future formula: Present: describe where you're currently at with your career. Past: explain how your previous roles and experiences shaped your professional self. Future: outline your career plans and how this role aligns with them. Let's see what that means and how to structure your answer. Present: describe where you're currently at with your career. Start by talking who you are at this point of your career and life journey, and what your current role is. Don't hesitate to mention a recent accomplishment. Include some basics like your name, where you live, and your job title. Briefly describe the scope of your responsibilities too. Example: My name is John Mendes. I'm a marketing director at AlphaBeta Software, and I'm responsible for developing marketing and branding strategies while coordinating a team of 30 people. It's been pretty exciting, we've managed to grow the customer base by 50% and boost revenue by 30% over the past 12 months under my leadership. Our simple interview training tool will quickly teach you how to craft and deliver answers like the one above. With confidence. I WANT TO LEARN THIS Past: explain how your previous roles and experiences shaped your professional self. Then segue into your past experience, previous jobs, work responsibilities, transferable skills, and education, but include only the parts that are relevant to the position you've applied for. Connecting the dots and providing an insight into what made you decide to pursue this particular career would be a nice touch. It would show the recruiter you're genuinely interested in succeeding and that it's an intended path and not just a temporary sidetrack until something better comes along. HR Analyst Fabian Sandoval recommends, "Talk about a previous role that directly aligns with the job you're interviewing for and highlight any achievements that could be relevant. This could even be projects you've done while freelancing. The idea here is that you want to paint a picture of career progression. You want to show that each step has prepared you for the next and then to this interview." Example: Prior to my current software developer position, I worked as a QA tester at Acme Engineering for two years. I've always had a knack for problem-solving and numbers, so I majored in Math and was on my college's chess team. Earning the Google IT Automation with Python Professional Certificate was a logical step, after which I landed an internship at a local software startup. Future: outline your career plans and how this role aligns with them. Obviously, your prospective employer wants to know what your career plans are and what attracted you to this particular job. It's essential to work your skills and interests into this section and tie them to what the position entails. By referencing the future, you'll demonstrate that you've given both your career and this particular job some thought. And you'll score some points for showing proactivity. Example: Although I really enjoy my work as an SDR, I'd like to dig deeper down the sales funnel and start actually closing deals. The current position has given me the opportunity to master my communication, listening, and negotiation skills. After two years, I'm ready for a more challenging and dynamic role that requires bringing new business and revenue to the company. This article focuses on how to best answer "Tell me about yourself", which is more centered around making a solid introduction. If you're struggling with how to sell yourself in the interview, check out this guide on how to answer "Why should we hire you?" "Tell Me About Yourself" Sample Answers Now let's see how you can use all these tips in practice for a winning answer when introducing yourself in an interview. But first, take a look at how we dissected this (great) sample answer: Sample answer for interviewing for a similar position I'm currently a Customer Success Manager at Global Relay. In that role, I'm in charge of leading the Customer Success team, coordinating new client onboarding, reviews, case studies, feedback, upgrades, and handling occasional escalations. The role requires continual cooperation with all other teams — R&D, Marketing, Technical Support, and Sales. I'm happy to say that my 2022 churn rate is zero, which is an all-time low. Prior to my CMS role, I worked in various Account Management and Tech Support roles, which allowed me to get familiar with many different processes. After 5 years at Global Relay, I'm ready to bring my expertise and experience to a rising startup like Globe, where I'd be able to organize the Customer Success department, establish processes and help maintain revenue and high satisfaction scores. Why this works: The candidate sticks to the present-past-future formula to a tee. She starts with introducing herself without mentioning any personal information (age, marital status, family details, etc.) and focuses on her work persona. She clearly explains what her current job entails (things like coordinating new client onboarding or cooperation with other teams), and includes a particularly important metric (zero customers churned last year), which is impressive but doesn't feel forced. She goes on to explain how she got where she is today and continues to the Future, where she lists the things she finds the most appealing about the new opportunity. Sample answer for candidates with little to no experience I'm currently a senior at the University of Pennsylvania where I'm majoring in Marketing and have also had the chance to gain experience through a number of marketing internships. I spent one summer in London, where I took courses at the London School of Economics and also interned in the Marketing department for TALA. I've been interested in fashion since I was a teenage girl, so a mix of marketing and fashion was a dream-come-true. It was a great experience overall and I learned a lot about influencer marketing and international marketing. The previous summer I interned at a marketing agency here in Philadelphia where I supported the team on marketing projects for a number of different clients in the fashion industry. I did a lot of work on social media marketing campaigns and helped to staff marketing events. In one summer, we managed to generate 46K new followers for one of the clients. I'm really excited about this opportunity because it's such an innovative company and I think that the job description is such a good match with my social media marketing experience and my love of the fashion industry. Why this works: Apart from following the present-past-future formula, this candidate provides just the right amount of detail to spark the interviewer's interest. She starts by listing her present situation (graduating soon) and goes on to show how her additional education and two internships help her qualify (past). She also mentions an achievement (46K new followers) when giving examples of her day-to-day as an intern. Finally, she moves to the future part, where she lists the values in the company that attract her (innovation). For more tips, check out this video: Our simple interview training tool will quickly teach you how to craft and deliver answers like the one above. With confidence. I WANT TO LEARN THIS Sample answer for switching industries I have been a Project Manager for the last 10 years. I'm currently employed as a Senior Project and Delivery Manager at Nutanix. This role involves managing 80+ short-term projects, each with a budget of up to \$500K. In my previous PM jobs, I was praised for my communication and organizational skills, and diligent reporting. My BSc degree in Business Project Management from EDC Business School in Paris helped me get familiar with all the main project methodologies like Waterfall, PMP and Scrum, as well as financial planning and risk management. I'm also multi-lingual. Apart from English, I have advanced certifications in French, German and Italian, which has helped me work on various projects in EMEA. Although I'm very happy at Nutanix, I'd love to switch to a similar role where projects last longer and where I would be working with higher budgets. Why this works: The candidate tarts by introducing herself (again, without listing any unnecessary personal information such as age, marital status, ethnic background) and immediately focuses on some numbers she typically achieves today (10+ years of experience, 80+ projects,