Interviews: Putting Your Best Foot Forward

"FIND OUT WHAT YOU LIKE DOING BEST AND GET SOMEONE TO PAY YOU FOR DOING IT." - KATHERINE WHITEHORN

Your resume got you the interview, now how do you get the job? Below are tips to ace the interview. In your mentor/mentee pairs, discuss the interview prep suggestions below. Add to them as necessary.

BEFORE THE INTERVIEW

- **Know what to expect.** Ask the hiring manager or recruiter questions about the interview beforehand, such as who will be interviewing you, time, length, etc. Map out and drive to the location ahead of time.
- **Research.** Do some background research on the company and on those who will be interviewing you. Be aware of latest trends in nutrition & dietetics.
- **Google yourself.** Make sure your social media profiles exhibit professionalism.

DURING THE INTERVIEW

- **Be descriptive and measure your success.** Use numbers to demonstrate your accomplishments, ie. I managed a $500,000 budget for the largest school system in Montana.
- **Bring a prop.** Bring your resume and/or a portfolio to visually show off your skills.
- **More than a resume**. Highlight experiences, successes and details that may not be fully fleshed out on your resume.
- **Question time.** Ask a question while also telling something new about you, ie. I volunteered with the local food bank in college. Are there any service opportunities available within the company?

AFTER THE INTERVIEW

- **Send a thank you note**. Preferably mail a hand-written note if you have the physical address, or send an email.

For more tips, check out:
https://www.eatrightpro.org/practice/career-development/career-toolbox

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Practice. Practice. Practice.

Directions:Use the activities below to prepare for a potential interview. **Mentor Note:** Discuss your interview experiences and tips. For extra credit: do a mock interview!

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Prepare your "story statement". Employers want to know about you but also why hiring you benefits them. What makes you unique? Why should they choose you over other candidates?

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Preparing for Situational Questions. Use the "PAR" method to prepare for those "Tell us about a time..." questions. Be concise and structure responses with the Problem (situation), Action (how did you solve it?), and Result (what changed?)

Example #1
Problem _____
Action _____
Result _____

Example #2
Problem _____
Action _____
Result _____

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