

## How to Answer This Common Interview Question

**Summary:** The question “Tell me about yourself” can be a challenge unless you follow these guidelines to prepare a short yet all-encompassing response to who you are as a person and professional.



Interviews never get more enjoyable, even with practice. The effort of trying to understand what the interviewer is looking for and appropriately **displaying your talents** can be challenging. The challenge can be even more difficult when asked to talk about yourself. We have broken down the dreaded question for many of us, even when we prepare, of “tell me about yourself” to make it an easier experience.

The question is typically one of the first ones asked in an interview, setting the stage for the rest of the interview. Break your answer down into three stages.

1. Start with a personal story to immediately let the interviewer know who you are and why you are in this profession.
2. Move on to a professional story where you can take advantage of your experience and any name dropping. The interviewer should get an idea of what kind of results you will deliver if they hire you.
3. Move into the future picture. Position yourself as a leader with a clear path of how you plan to reach your future goals.



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Rehearse your answer to the question with it tailored to the specific position, company, and industry that you are interviewing for. Try recording yourself as you practice an interview so that you can see and hear how your answers sound.

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**See the following articles for more information:**

- **[21 Major Interview Mistakes to Avoid at All Costs](#)**
- **[The Best Way to Prepare for a Job Search and Interviews](#)**
- **[How to Talk About Other Interviews in Your Interviews](#)**
- **[How to Answer the Tell Me About Yourself Interview Question](#)**
- **[How to Answer the Do You Have Any Questions for Me Interview Question](#)**