

You Got This: Interview Coaching

MSVU CAREER SERVICES

Kyla Friel, Career Counsellor

Christine Daniels, Counselling Intern

September 25, 2024

**NOVA SCOTIA'S PREMIER
RECRUITING EVENT FOR
STUDENTS AND RECENT
ALUMNI!**

**HALIFAX
UNIVERSITIES**
career fair

**BE THE HERO
OF YOUR STORY....**



**REGISTER
NOW!**



HALIFAX UNIVERSITIES CAREER FAIR 2024

**FREE
EVENT**

**WEDNESDAY, OCTOBER 23
HALIFAX CONVENTION CENTRE
10 A.M. TO 3 P.M.**

**FREE SHUTTLE
SERVICE**



What we'll cover

- Framing your approach
- Elevator pitch
- Difficult questions
- Transferrable skills
- Using the STAR technique to answer interview questions
- Tips for interviews

POLL: What's the best interview advice you've received?



*Framing
your
approach*

'Connect the dots' for the employer by answering questions that may be on their mind

- Can this candidate relate well to our team and customers/clients?
- Can this candidate problem solve, follow protocol, and take in feedback? Can we trust them?
- Can this candidate offer something extra that sets them apart from others?

Elevator pitch

- Remember: explain vs sell. ~~Competition~~ -> shining bright on your own terms
- Elevator pitch = 20-second summary of top things to know about you
- The Muse 15-minute method elevator pitch
 - What you do
 - Why it matters
 - Why/how you do it
 - What's next (immediate or future career goals)

POLL: What's a skill, strength or talent you use professionally? (Strive for authenticity in your elevator pitch.)

*Use your
current and
past
experiences
to explain...*

- Work and volunteer experiences
- Community or school activities
- Travel experiences
- School assignments and group projects
- Awards, certifications, special recognition
- Personal accomplishments

STAR Technique



(Prepare)

Listen to the question and think of an event.



Situation

Describe the event or situation that you were in.



Task

Explain the task you had to complete.



Action

Describe the actions you took to complete the task.



Result

Close with the result of your efforts.

Difficult questions

Why do you want this position?

Tell us about a time you dealt with conflict

Where do you see yourself in 5 years?

POLL: What's the most difficult interview question you or a friend have been asked? How did you/they deal with it?

Relate the question to...

- the work position/how you would perform at work
- something you know or have learned about yourself
- Something that has been resolved or is represents logical steps in a progression

Resource: [Your Ultimate Guide to Answering the Most Common Interview Questions](#)

Pre-interview Tips

- Before your interview, **review your resume and job posting together**. Find where you match and what genuinely interests you in applying
- Know your nervous quirks, work with them, and breathe or find another way to lower stress that works for you. The goal is not to rid yourself of all anxiety, it's to make the anxiety manageable so you can give yourself room to show your potential to employers
- Prepare some small talk with questions and podcasts

Interview Tips

- Dress for success.
POLL: What does this mean?
- Consider how your engagement comes across: appropriate eye contact, posture (sitting up straight or slightly leaning in), smiling, and tone of voice all count
- Remember to connect the dots and **explain or demonstrate**

Interview Tips

'Classy closers' for your interview

- Have at least three questions prepared that relate to the job posting
- Avoid cliché questions such as “What’s a typical day like?” and “What is the salary?” Ask instead:
 - “What makes someone in this position successful?”
 - “What are the most immediate priorities that need to be addressed?”
 - “What challenges are the team facing at the moment?”

Resource: [51 Great Questions to Ask in an Interview](#)

Post-interview Tips

Follow up and self-reflect

- For future interviews, follow up with a brief email of thanks. You can mention you look forward to hearing about next steps
- Be gentle with yourself and take a pause moment to reflect on how things went. In every interview, there are moments when we shine and moments we would do differently (make a note for next time!)

Career Services

counselling@msvu.ca or
902-457-6567 for appointments

- One-on-one interview coaching
- Career planning and career indecision
- Job search support
- Resume and cover letter feedback
- Graduate school applications

IG @msvucareers | FB @msvucareerservices

Get links and info for Career
Services events in 2024-25



HALIFAX
UNIVERSITIES
career fair

