

# SHIFT Career Development 2026

## Practice Speed Interview Questions for Students

Interview questions developed in partnership with the [Nova Scotia Career Development Association](#)

Tuesday, January 13, 2026 from 9 a.m. to 4 p.m.

Rosaria Student Centre, Multipurpose Room (3<sup>rd</sup> floor), Mount Saint Vincent University

### How do I get started?

1. **Review the questions for your booked time (group) and the extra questions below before the event.**
2. On Tuesday, January 13, come to the Multipurpose Room at your booked time. When you arrive, sign in at the registration desk at the MPR entrance and go to the Practice Speed Interview Table. This helps us know you're on site. You'll be given a wristband to wear as part of your group.
3. When your group starts, sit at any interview table and briefly introduce yourself. You'll have 10 minutes to meet on-on-one with an interviewer who will ask you one of your questions and give you feedback on your answer.
4. When you hear a warning bell, you'll have 2 minutes to wrap up.
5. When you hear another bell, move to the next table on your **right** and meet the next interviewer (3 interviewers total over a 30-minute timeframe).
6. Enjoy the rest of the SHIFT Career Development. From 9 a.m. to 4 p.m., you can get your resume reviewed, talk with community resources (exhibitors), create a business card, get a professional headshot, or shop at the Business Clothing Closet – all for FREE!

#### Practice Speed Interview Questions

##### 9:30 a.m. Group 1

##### 1:30 p.m. Group 4

1. **What's your approach to starting a class assignment?** [This question is meant to show how you organize and prioritize your work.]
2. **Leadership is demonstrated in different ways and in different contexts. Name one way you've demonstrated leadership recently.** [This question is meant to show how you've taken the lead on an action or a decision, whether or not you hold an identified leadership role in your work or volunteer experience.]
3. **What are some of the skills you've developed in your past work or volunteer experiences?** [This question is meant to show how you've developed universal, transferable skills that can apply to any job. Examples of transferrable skills are communication, problem solving, data interpretation, or software or application use.]

##### 10:15 a.m. Group 2

##### 2:15 p.m. Group 5

1. **Tell me about yourself.** [This question is meant to show your background and how you can contribute to an employer.]
2. **What are some of your interests outside of work that you think could come in handy at your job?** [Students have named interests like photography or researching trends on YouTube or TikTok as activities that can increase their creativity or ability to manage social media accounts at work. This question is meant to show your other helpful experiences, perspectives, or self-taught skills.]
3. **What are your best 'soft' skills and technical skills related to your program at MSVU?** [For example, you might talk about soft skills like teamwork, adaptability, or time management or technical skills like report writing, accounting operations, working with online platforms, or conducting a literature review. This question is meant to show your style of work and how you are advancing in your technical knowledge.]

**11 a.m. Group 3**

**3 p.m. Group 6**

1. **How have you handled a big transition or change in the past?** [This question is meant to show your success in adapting to change and what you learned.]
2. **Tell me about a time you disagreed with a classmate or colleague. What was the outcome?** [This question is meant to show how you attempted to solve a conflict in an academic/professional setting.]
3. **How do you work with classmates, colleagues or customers from diverse backgrounds?** [This question is meant to show your willingness to engage in cultural responsiveness and organizational EDIA (equity, diversity, inclusiveness, and accessibility) practices.]

## Extra interview questions

- Name two of your strengths and two areas for improvement.
- If you have a task you don't understand, what do you do?
- How do you handle disagreements or misunderstandings with your classmates or colleagues?
- How do you like to receive feedback?
- How do you prioritize your tasks?
- Where do you see yourself in five years?
- Describe a time when you worked with a group. What were the issues and what worked well? How did it go in the end?
- [Student shares the details of their ideal job with the interviewer]. What makes you a good candidate for this job?
- How do you deal with stressful situations? How do you care for yourself afterward?
- What are your salary expectations?
- What makes your workplace more inspiring and comfortable for you?
- How do you stay organized?

## Frequently asked questions

**Do my interviewer and I have to formally introduce ourselves and act as if we are in a real interview?**

ANSWER: No. The practice speed interviews are intended for practice and feedback. You can introduce yourselves informally.

**Do I have to wear dressy interview clothes for the practice speed interviews?**

ANSWER: No, this is a low-key practice event. Please wear the clothes you regularly wear. If you're getting your free professional headshot during the event, consider bringing a change of clothes. Consider checking out the business clothing closet for FREE shopping for interview clothes.

**What if I don't get my interview question right?**

ANSWER: The practice speed interviews are designed to help you develop interview skills before your next real job interview. Take some risks when you respond and engage with the feedback from your interviewer. Ask them why they gave the feedback they did.

**What if my interviewer and I finish our interview question early?**

ANSWER: You can pick from the list of extra interview questions and respond to another question.

**What backgrounds or industries do the interviewers come from?**

ANSWER: Our interviewers have worked, or are working in, business, small business and entrepreneurship, career development, post-secondary institutions, and public service.