

How to Answer This Interview Question:

“So, Tell Me About Yourself”

(Quoted in part with edits from <https://www.laort.edu/interview-questions-so-tell-me-about-yourself/>.)

It's interview day! You wake up early and do all the morning-of activities that will get you ready to rock your interview. You show up early for your appointment, dressed for success with your resume and cover letter in hand. You sit down across from your interviewer, and it's time for the first question: “So, tell me about yourself.”

It's one of the most popular questions in job interviews, much to the chagrin of interviewees. It's vague and open-ended, with many possible answers. Do you talk about your resume? Your personal life? Your hobbies? In reality, however, this question is the perfect opportunity for you to showcase your talents.

The best place to start when forming your answer to this question is to ask yourself, “What are they really asking?” With every question, recruiters are basically asking the same thing. They want to know if you are a good fit for the job.

The underlying thesis of every answer you give should be, “You should hire me for this job because _____.” Make a list of the skills, experience, and character traits the position requires, and then craft an answer that proves how you meet all of these criteria.

The following was adapted for precision machining interviews from <https://www.laort.edu/interview-questions-so-tell-me-about-yourself/>:

Let's walk through an example. Say you're a recent grad from a Precision Machining program and are interviewing for a precision machining position.

Interviewer: “So, tell me about yourself.”

A good answer for this interviewee might be:

“I have an A.A.S. in Precision Machining from Red Rocks Community College with six months of internship and work experience. I am skilled in calculating and setting up machine controls according to production type and am proficient in reading and interpreting blueprints and diagrams. I have proven problem-solving and troubleshooting abilities and am known for ensuring quality. I have a great desire to learn and enjoy team projects. Everything I've read about your company and what I've learned about this position has reinforced my desire to work here. I am very focused and detail-oriented and believe I have what it takes to be successful in this position.”