

Continue







## Tell me about yourself interview question examples

Tell me about yourself. You'll hear these four fairly unassuming words at the beginning of almost any job interview. While this question is intended to be an icebreaker and help you ease into the interview, many candidates have a completely opposite reaction — freeze and get tongue-tied. Or, they get carried away and start nervously rambling and oversharing. This guide will help you find the right balance. What you'll learn: A proven formula for answering "tell me about yourself" + additional tips you can implement immediately Why interviewers ask this question (and what it means for you) "Tell me about yourself" example answers for various interview situations and jobs Here's how to best answer "tell me about yourself": Introduce yourself, tell them who you are and what you do. Then, talk about your past work experience, key responsibilities, and skills. Mention your relevant achievements. Finally, explain how your strengths can contribute to the company. Want to get an offer after every interview? Our interview prep tool will guide you through all the questions you can expect, let you record and analyze your answers, and provide instant AI feedback. You'll know exactly what to improve to turn your next interview into a job. ACE YOUR NEXT INTERVIEW Inside Big Interview, you'll learn must-know tactics few other candidates know + insider tips for any industry. And you'll be guided through the process by US' leading interview coaches. Our users land jobs 8 to 9 weeks faster than the national average. Get ready for your interview now. Why should you trust us? As a career coach for 15+ years, I've assisted thousands in landing their dream jobs. I've heard responses to "Tell me about yourself" countless times. Moreover, we've interviewed HR analyst Fabian Sandoval for his valuable advice, which will be featured throughout the article. Why Interviewers Ask "Tell Me About Yourself" To help you ease into the interview You shouldn't have too much trouble talking about your background and interests. That's why interviewers think it's a good idea to take some pressure off by initiating an informal conversation. They also need some warming up before moving on to more complex technical, performance-based, and behavioral interview questions. To check how you handle open-ended questions No matter what position you're applying for, good communication is an essential skill. And open-ended questions are the best way to see if you can express yourself clearly and effectively. To gauge if you're a good overall fit When answering the "tell me about yourself" question, make sure your narrative resonates with what matters the most to the company and its values. For example, if your potential employer champions diversity, sustainability, or innovation, try to incorporate that factor into your answer. This will show that you did your research. To make the interview feel more like a conversation A detail you share in your answer can catch the interviewer's attention and serve as a starting point for a string of follow-up questions that will turn the interview into a more natural conversation. To get a glimpse of the human behind the resume Yes, the interviewer is interested mostly in the professional aspect of your life, but getting to know you as a person might reveal your hidden talents, potential, or strengths. You can mention an interesting hobby you're passionate about or a fun fact about yourself — especially if these bits align with the company culture. Bonus tip: "Tell me about yourself" is not the only way interviewers can phrase this introductory question. And even if it's formulated differently, your job is to recognize the intent and answer the question using the same formula. The Most Common Alternatives of the "Tell Me About Yourself" Question I'd like to hear more about you. Walk me through your resume. Could you share a bit about your background? Tell me more about your journey. Is there anything about yourself that's not on your resume you'd like to share? How would you describe yourself? Talk about the events that led you to pursue your current career? How to Answer "Tell Me About Yourself" If you prefer video format, here's a video breakdown of how to answer "Tell me about yourself": Focus on your professional life and use the present-past-future formula: Present: describe where you're currently at with your career. Past: explain how your previous roles and experiences shaped your professional self. Future: outline your career plans and how this role aligns with them. Let's see what that means and how to structure your answer. Present: describe where you're currently at with your career Start by talking who you are at this point of your career and life journey, and what your current role is. Don't hesitate to mention a recent accomplishment. Include some basics like your name, where you live, and your job title. Briefly describe the scope of your responsibilities too. Example: My name is John Mendes. I'm a marketing director at AlphaBeta Software, and I'm responsible for developing marketing and branding strategies while coordinating a team of 30 people. It's been pretty exciting, we've managed to grow the customer base by 50% and boost revenue by 30% over the past 12 months under my leadership. Our simple interview training tool will quickly teach you how to craft and deliver answers like the one above. With confidence. I WANT TO LEARN THIS Past: explain how your previous roles and experiences shaped your professional self Then segue into your past experience, previous jobs, work responsibilities, transferable skills, and education, but include only the parts that are relevant to the position you've applied for. Connecting the dots and providing an insight into what made you decide to pursue this particular career would be a nice touch. It would show the recruiter you're genuinely interested in succeeding and that it's an intended path and not just a temporary sidetrack until something better comes along. HR Analyst Fabian Sandoval recommends, "Talk about a previous role that directly aligns with the job you're interviewing for and highlight any achievements that could be relevant. This could even be projects you've done while freelancing. The idea here is that you want to paint a picture of career progression. You want to show that each step has prepared you for the next and then to this interview." Example: Prior to my current software developer position, I worked as a QA tester at Acme Engineering for two years. I've always had a knack for problem-solving and numbers, so I majored in Math and was on my college's chess team. Earning the Google IT Automation with Python Professional Certificate was a logical step, after which I landed an internship at a local software startup. Future: outline your career plans and how this role aligns with them Obviously, your prospective employer wants to know what your career plans are and what attracted you to this particular job. It's essential to work your skills and interests into this section and tie them to what the position entails. By referencing the future, you'll demonstrate that you've given both your career and this particular job some thought. And you'll score some points for showing proactivity. Example: Although I really enjoy my work as an SDR, I'd like to dig deeper down the sales funnel and start actually closing deals. The current position has given me the opportunity to master my communication, listening, and negotiation skills. After two years, I'm ready for a more challenging and dynamic role that requires bringing new business and revenue to the company. This article focuses on how to best answer "Tell me about yourself", which is more centered around making a solid introduction. If you're struggling with how to sell yourself in the interview, check out this guide on how to answer "Why should we hire you?" "Tell Me About Yourself" Sample Answers Now let's see how you can use all these tips in practice for a winning answer when introducing yourself in an interview. But first, take a look at how we dissected this (great) sample answer: Sample answer for interviewing for a similar position I'm currently a Customer Success Manager at Global Relay. In that role, I'm in charge of leading the Customer Success team, coordinating new client onboarding, reviews, case studies, feedback, upgrades, and handling occasional escalations. The role requires continual cooperation with all other teams - R&D, Marketing, Technical Support, and Sales. I'm happy to say that my 2022 churn rate is zero, which is an all-time low. Prior to my CMS role, I worked in various Account Management and Tech Support roles, which allowed me to get familiar with many different processes. After 5 years at Global Relay, I'm ready to bring my expertise and experience to a rising startup like Globe, where I'd be able to organize the Customer Success department, establish processes and help maintain revenue and high satisfaction scores. Why this works: The candidate sticks to the present-past-future formula to a tee. She starts with introducing herself without mentioning any personal information (age, marital status, family details, etc.) and focuses on her work persona. She clearly explains what her current job entails (things like coordinating new client onboarding or cooperation with other teams), and includes a particularly important metric (zero customers churned last year), which is impressive but doesn't feel forced. She goes on to explain how she got where she is today and continues to the Future, where she lists the things she finds the most appealing about the new opportunity. Sample answer for candidates with little to no experience I'm currently a senior at the University of Pennsylvania where I'm majoring in Marketing and have also had the chance to gain experience through a number of marketing internships. I spent one summer in London, where I took courses at the London School of Economics and also interned in the Marketing department for TALA. I've been interested in fashion since I was a teenage girl, so a mix of marketing and fashion was a dream-come-true. It was a great experience overall and I learned a lot about influencer marketing and international marketing. The previous summer I interned at a marketing agency here in Philadelphia where I supported the team on marketing projects for a number of different clients in the fashion industry. I did a lot of work on social media marketing campaigns and helped to staff marketing events. In one summer, we managed to generate 46K new followers for one of the clients. I'm really excited about this opportunity because it's such an innovative company and I think that the job description is such a good match with my social media marketing experience and my love of the fashion industry. Why this works: Apart from following the present-past-future formula, this candidate provides just the right amount of detail to spark the interviewer's interest. She starts by listing her present situation (graduating soon) and goes on to show how her additional education and two internships help her qualify (past). She also mentions an achievement (46K new followers) when giving examples of her day-to-day as an intern. Finally, she moves to the future part, where she lists the values in the company that attract her (innovation). For more tips, check out this video: Our simple interview training tool will quickly teach you how to craft and deliver answers like the one above. With confidence. I WANT TO LEARN THIS Sample answer for switching industries I have been a Project Manager for the last 10 years. I'm currently employed as a Senior Project and Delivery Manager at Nutanix. This role involves managing 80+ short-term projects, each with a budget of up to \$500K. In my previous PM jobs, I was praised for my communication and organizational skills, and diligent reporting. My BSc degree in Business Project Management from EDC Business School in Paris helped me get familiar with all the main project methodologies like Waterfall, PMP and Scrum, as well as financial planning and risk management. I'm also multi-lingual. Apart from English, I have advanced certifications in French, German and Italian, which has helped me work on various projects in EMEA. Although I'm very happy at Nutanix, I'd love to switch to a similar role where projects last longer and where I would be working with higher budgets. Why this works: The candidate starts by introducing herself (again, without listing any unnecessary personal information such as age, marital status, ethnic background) and immediately focuses on some numbers she typically achieves today (10+ years of experience, 80+ projects,