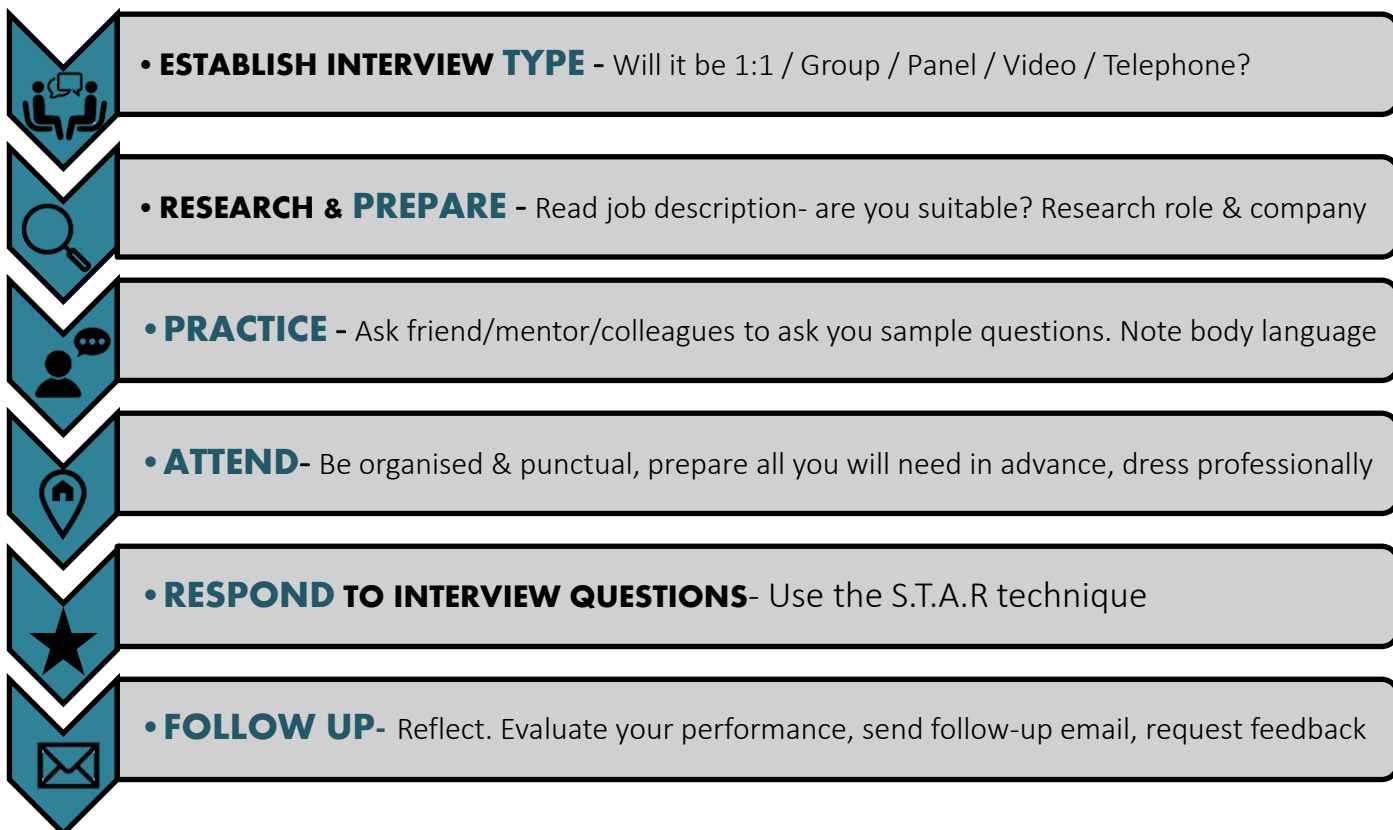


Fact Sheet #5: Job Interview Confidence

The current job market is rapidly changing and extremely competitive, so it is more important than ever to develop confidence in your job interview skills. **The key to Job Interview Confidence is PREPARATION.** Follow these simple steps when preparing for your next job interview:



Some Common Interview Questions:

- “Tell us about your background”*
- “In what ways are you qualified for this job?”*
- “How do you handle high-pressure situations?”*
- “How is your previous experience relevant?”*
- “What is your reason for applying?”*
- “What are your career goals?”*

S	T	A	R
Situation	Task	Action	Result
Introduce the situation to the employer and set the context	Describe the task you had to complete, including the expectations and challenges it would involve	Explain what you did, and how you did it	End with the results of your efforts, including accomplishments, rewards, and impact

Need Help? Contact the **Skills and Jobs Centre** at sjc@vu.edu.au to make an appointment to speak with one of our Career Advisors, or visit www.skills-jobs-centres.com.au for more information