



Frequently Asked *Interview Questions*

This quick guide is designed to help you feel more confident, prepared, and professional during interviews for jobs, internships, scholarships, leadership programs, college opportunities, and more. Remember: you do not have to be perfect — preparation, communication, and confidence can help you stand out.

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| 1 Tell me about yourself. | This is your chance to give a short introduction about who you are, your interests, experiences, and goals. Focus on positive qualities, school activities, work ethic, or future plans rather than sharing overly personal details. |
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| 2 What are your strengths? | Choose 2–3 strengths that genuinely describe you and explain how you have used them in school, sports, leadership roles, work, or everyday responsibilities. Employers and programs want to see how your strengths can positively contribute to their environment. |
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| 3 What is a challenge you've overcome? | Think of a real situation where you faced difficulty and explain how you handled it, what you learned, and how you grew from the experience. Interviewers are often more interested in your problem-solving and resilience than the challenge itself. |
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| 4 Why should we hire/select you? | Focus on the qualities that make you dependable, motivated, and willing to learn. Even if you do not have much experience yet, showing maturity, effort, and a positive attitude can make a strong impression. |
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| 5 What are your future goals? | Share goals that reflect growth, learning, or career interests, even if you are still figuring things out. Interviewers want to hear that you are thinking about your future and open to opportunities that help you develop. |

