



Guide to **Interviews**



HIGHLIGHT YOUR STRENGTHS

Be self-aware. Don't be too modest... now is the time to emphasise what you are good at. A Belbin GetSet report can help you to identify your strengths.

GET FEEDBACK

Ask people you know well for feedback. They may see strengths in you that you are not aware you have.

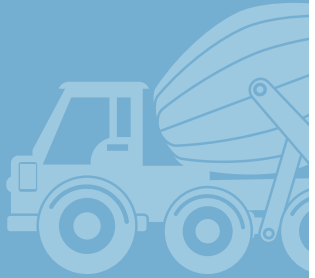


PRACTICE

Practice answering strengths based questions prior to the interview, so you have some answers ready to go!

GIVE EXAMPLES

Be able to give concrete examples of each strength - for example if you are saying you are creative and full of ideas, tell them about a project you have worked on where the creativity has flowed!



KNOW YOUR WEAKNESSES

Be aware of your weaknesses and don't be afraid to talk about them. By showing the interviewer you are aware of your weaknesses, and that you can manage them well, shows them you have a good level of self-awareness.

RELATE TO THE JOB

Relate your strengths back to the job or course you are applying for - tell the interviewer how your strengths will help you excel.



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