Top 10 Interview Prep Tips

CSMLS spoke to multiple hiring and laboratory managers across Canada to get a sense of what employers are looking for during an interview. Below are some tips to help you stand out at that interview and land your dream job. After all, you only get one chance to make a first impression!

Remember that an interview is a two-way process: you need to see if the company is a good fit for you just as much as they need to see you as a fit for the company.

1. Try not to be nervous – exercise beforehand and/or take a few deep breaths.
2. Review the job posting.
3. Research the position and the company.
4. Determine potential questions that might be asked and draft answers.
5. Practice by doing mock interviews with a friend or family member.
6. Write down questions you want to ask and bring them with you.
7. Be presentable, well groomed and practice good hygiene – you can’t go wrong with business casual!
8. Be comfortable in what you’re wearing so you can focus on the interview questions.
9. Bring a notepad, pen and bottle of water.
10. Remember to take extra copies of your résumé and your references.