



PREPARING YOUR PITCH



WHY

Generally, most employers will start the interview with a question like: *“Tell me about yourself.”* Preparing for this type of question is paramount to ensuring you stay cool, calm and collected whilst under pressure. Use the simple framework below when asked to talk about yourself to create an ‘elevator pitch’. For your speed interview this should be concise and about 30 seconds in duration.

HOW

Structure your response by outlining the following:

- A brief introduction to what you are studying and why
- Touch on your relevant experience and accomplishments
- Add in your interests / hobbies
- Close with why you are interested / excited about this current opportunity

LET'S PRACTICE

I'm currently in my first year of a Psychology degree at XYZ university. I'm really intrigued by human behaviour and that's what led me to pursue my study in this area. I have previously worked in customer service at McDonalds and work well both individually and in team environments. From my last job I learnt that I am good at multi tasking and genuinely love helping people. In my spare time I enjoy surfing and walking my dog. I'm excited by the opportunity to gain a role in a hotel environment and expand my skill base whilst serving your customers.