

The Nurse Becoming Podcast #104: How to Answer "Tell me about..."

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SPEAKERS

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Hello, hello, welcome back to the Nurse Becoming Podcast. It's your host Amanda Guarniere. Thank you so much for joining me today for this episode where we are going to dissect how to answer the question, "tell me about yourself" in an interview. I am excited to share this with you and also want to let you know that my new program, Interview Prep Magic, is currently open for enrollment. If you are listening in real time, I encourage you to go to theresumerx.com/interview to check out this program. Check out the debut pricing, because we're launching this program for the first time and as always, when I do that, I make sure that those people who are early to jump in on the bandwagon, get an excellent deal! So I would love for you to learn more about that program, because I am so excited to be able to share with you not just you know, fragmented tips here and there, as I've done on the podcast and on my social channels. But I've put together a really comprehensive program that's going to prepare you to be a more confident interviewer, you're going to know what to say, how to say it, and I think that you'll find that these skills transcend the interview, this is not just about being prepared for an interview, but just being prepared for confident communication in general, at the workplace, outside of the workplace. So theresumerx.com/interview is where you can learn more about that program. And there'll be a link in the show notes, of course. And so today's episode is really going to be a preview of what you can find inside of the program. One of the modules has basically a breakdown of the most common and kind of most challenging questions that you might be able to expect in an interview. And what I do is I break down the purpose of the question, you know, what they're really trying to ask, you know, if there's kind of a hidden meaning behind the question, as well as some scripting and some frameworks so that you can really feel comfortable and confident, knowing how to approach your answer to the question. So this episode here is a bit of a preview of what is in the lesson about this specific question, which is, tell me about yourself. And this might be the most common question that you can expect at your interview. If you're not asked this question, let me know because it feels like you'll win some sort of prize for not being asked this question. And it's typically the first question that you're asked. So, this, I don't want to say it's like a high stakes high pressure question, because it's not when you understand how to answer it. It's actually quite, quite simple. But it is a kind of first impression type question. So keeping that in mind. You know, this

question, yes, the interviewer wants to know about you. But the question is, is there a deeper purpose of this question? And, you know, my answer to that is that this question is, like I said, really meant to make a first impression. And also, it's meant to help give some insight into your personality, and what sets you apart from the other candidates. So they're not looking for you to rattle off the qualifications in your resume. When you answer this question, because they've already looked at your resume, they've already decided that your resume has made you worthy of an interview. So you don't need to regurgitate what you've already said, but use this as an opportunity to really showcase who you are, and what you bring to the organization as a candidate and how you're unique because we all we, despite, you know, common letters after our names and common degrees and common work histories, we are still all so different, and all have so many different attributes and qualities to bring to a position that this question is really a great opportunity to make that impression. So I have a few recommendations when it comes to how to phrase your response to this question. And first, I think it's a great idea to use a particular phrase or at least to commit to memory, a particular phrase or prompt that will help you get started. And there are a few examples that I want to give to you that you can kind of jot down as a prompt, so that you can decide how you're going to answer the question and also, you know, commit one of the prompts to memory so that you don't draw a blank when the question is asked, right? I'm not a proponent of memorizing your answers to questions whatsoever, but there certainly is a use or a case for committing a certain prompt to memory that way. If you can rattle off the prompt and let the rest of the information flow, so these three prompts, you can choose one of these... The first one is, "I've always been the type of person who.....", right, so fill in the rest of that. Or you could say, "I've always been the type of nurse who....." And what this does is it really starts off by revealing about your personality and about the type of person you are, and what's important to you and your values, etc. Another option to this prompt would be, "What you can expect from me is...." and then that would be an opportunity to, you know, talk more about qualities that you really want to lead with. And a third variation of this prompt is "I'm known as...." So that, you know, you could say, I'm known to my colleagues, or I'm known to friends and family as the person who's always helping or, you know, I'm known as the mothering type in my friend group, because I'm always looking out for everyone when I'm in a social situation. And that translates into the workplace because x, y, and z, and this, this persona is really innate to me, something like that, right? I'm just riffing. Or you could, you know, for the first one, I've always been the type of person who, so you could say, "I've always been the type of person who is quick to come up with a plan or, you know, strategic or always been the type of person who is nurturing and etc", you, you would choose some of the best things about you, right? So like, the first step, before you plan this answer, is to decide what are you leading with? What is the greatness that you want the interviewer to know about you and to really commit to memory about you, and this may fluctuate and change, depending on the role that you're interviewing for, right? So you may have a little bit of a chameleon factor, and decide, okay, you know, because I'm interviewing for this particular role, and I know that they're looking for this type of person, you know, I'm going to talk about this aspect of myself, because I know it will be really important to them. And all of this is true, right? You're, you're always going to talk about things that are true, you're not gonna make things up. But you can decide what things to talk about yourself, depending on the role and the setting that you're in. Okay. So using one of these phrases, "I've always been the type of person who", or "what you can expect from me is", or "I'm known as" this will give a good introduction to you as a person, and also help you be memorable and relatable. And it's just a good introductory sentence or two, to, you know, get this part out of the way, basically. So the rest of your answer, I want you to consider structuring with a past. Sorry, let me start again, the rest of your answer, you can structure using a framework of present, past, future. Okay, I know that's not an order. That's why I said it wrong the first time. So present, past, future, is the order of this framework that you can use to answer the rest of this question. So what I

recommend you do is start with the present. So talk about the role that you're in now. Or if you're a new graduate, you talk about that. So you would say something like, I'm currently working as a nurse practitioner in an infectious disease clinic, or, I recently graduated with my family nurse practitioner, from such and such University, and, you know, recently took my boards, something like that, you know, whatever you want to talk about your current situation. Or, you know, if you've left a position, I recently resigned from my position as XYZ, as I'm looking for, you know, new opportunities or relocating something like that. Then after you've taken some time to set some context about your present, I want you to transition to the past, where you'll discuss how your qualifications relate to the particular role that you're applying to. So this is when you would say, you know, prior to working in, you know, whatever role you've just explained, prior to working in this role, I worked in various outpatient clinics in the field of oncology for seven years while working on my OCN something like this, right, you can kind of talk about your qualifications and as it relates to the particular role, right. So for example, if you're interviewing for an outpatient position, that's primary care preventive, you're not necessarily going to go on and on about your role. Was working in high acuity ICU, right? You can talk about the past, right? But I want you to try to extrapolate what you think is going to be most relevant and important. And highest priority for the interviewer. Remember, you always want to try to get into the mind of the interviewer in what they're looking for. Okay, so we've talked about starting with the present, then you're going to transition to the past where you discuss your qualifications as they relate to the role you're interviewing for, then transition to the future. And this is where you will express your interest and your suitability for the role you're interviewing for. So if we want to use this example, for, you know, I mentioned someone who was working outpatient oncology or something, and let's assume that person's now a family nurse practitioner or an acute care nurse practitioner, they might transition after saying, you know, prior to my current position, or prior to entering NP school, I worked for several years in oncology, you know, whatever you want to say here. And now I'm really eager to be considered for this role with your organization as an oncology nurse practitioner, because not only do I now have the experience as a provider, but prior to that, you know, I dedicated my nursing career to the field of oncology and I'm excited to transition to the role as provider or be able to provide more depth of care in this new role. Something something, obviously, I'm just riffing, I did not prepare that in advance which, which is fine, right? Like, I don't want you to be giving prepared answer. So maybe it's helpful for you to hear me come up with things on the fly. And then you just kind of leave it off, but try try to leave the office try to finish this answer to this question. Basically, talking about how you're suited for this role, you're interviewing for how you're excited about this role. That way, you know, it kind of leaves a nice bright, shiny, ending, and a good segue into talking more about that. So let me just recap for you these steps that we went over. So first, you're going to consider starting with a sentence after one of these prompts. I've always been the type of person who, or what you can expect from me is or I'm known as, and then you can use the Present Past future framework to give about a three to four minute answer, maybe not even that long, we'll say two to four minute answer to tell me about yourself. So you'll start with the present, talk about your current situation, either your current role, or your current, you know, are you a new graduate, you know, Have you recently relocated, etc, then you'll transition to the past where you'll discuss your qualifications as they relate to this particular role. And then you'll transition to talking about the future where you will express your interest and kind of demonstrate your suitability for the role that you are interviewing for. So hopefully, this gives you a good framework to follow. And definitely, you know, jot this down. Practice this, okay, you know, write some bullet points out for yourself. Don't write out the whole thing, but write out some bullet points and practice in the mirror or practice with a friend. Because a lot of this is just the comfort of being able to talk on the fly and come up with answers. On the fly, basically, which I'm trying to do, I can't think of another phrase for on the fly. So I hope that's helpful. And remember, this is a nice preview of one of

the lessons inside of Interview Prep Magic, which is currently open for enrollment. This is a self paced, go at your own pace type, of course, because I know that interviews come up all the time, you know, this isn't something that I'm going to kind of open and close and not make available to you. But since you would have lifetime access to this program, if it's remotely something that you're-- If it's remotely something that you're interested in, then I would definitely encourage you to check out the info page, see if it's something that you want to do because this debut pricing. Like I said, I always like to reward my early adopters, my folks who kind of jump in right away with the lowest the lowest investment possible. So theresumrx.com/interview will bring you to that page. So we'll the link in the show notes, and I am looking forward to being in your ears again next week. Have a good one!