



# Candidate Guide To Interviews

7 Tips for Acing Any job  
Interview

7 Tips for Acing Any Job Interview

  
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*There's a science behind the successful job interview, and it's been updated for 2022. Interviews can be extremely stressful but, by following these tips, you can substantially improve your opportunity to get the job you want by acing the interview.*

This guide walks you through the seven steps you need to take before, during, and after your interview. We begin with how to make a good impression and come across as knowledgeable, qualified, and likable to your interviewer.

## Before The Interview

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### Tip #1: Display Confidence

Confidence has a significant impact on how interviewers evaluate you as a candidate. Arrive confident and prepared to talk about your experience, skills, and ability in a self-assured manner that conveys your confidence in yourself to succeed at the responsibilities of the job you've applied for.

Knowing you have the inside track on what recruiters and hiring managers are looking for puts you on the inside track—which means you're ready to put your best foot forward. So, let's talk about the exact steps you need to take to boost your confidence.

## Tip #2: Do Your Research

Research the company, industry, position, and the person conducting the interview ahead of time. Having this information at your fingertips enables you to understand the organization, what they're looking for in a candidate, and why they need the traits they're searching to add to their team. Here are some ways you can research an organization:



- Visit their website and their “About” page. Get to know what their mission and values are.
- Look at their social media and note any recent press releases or updates.
- Look up the company on GlassDoor.com to see what the company says about itself—and what successful employees say about the company.
- Search for news about the company on business websites that profile companies.

## Tip #3: Prepare to Interview Your Interviewer

Interviewers expect winning candidates to be engaged and interested, so live up to their highest expectations by creating a list of questions to ask during the conversation. This shows that you're interested in the position and have done your homework. Create specific questions that will produce insights into:

- How this position impacts the company's ability to reach its near-term AND long-term goals.
- The team culture—AND—are specific characteristics they're seeking to build, improve, or strengthen the team. Remember: You want to show that you can improve their team with your skills, style, and attitude.
- Which traits the company finds to be common among the most successful members of their teams. This includes creativity, resourcefulness, independence, teamwork, resilience, and emotional intelligence. ([Click here](#) for information on emotional intelligence in the workplace).

## Tip #4: Prepare and Practice

Practice your questions—and answers—to common questions in a mock interview with a friend or family member at least one day (if not several days) before you speak with your interviewer. The more seriously you take a mock interview process, the more relaxed and confident you will feel during the interview.

(Pro Tip: Do at least two or three mock interviews with two—or three—people so that you get multiple perspectives on your answers and reactions to your questions.)

## During The Interview

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### Tip #5: Make Time Your Friend

You can effectively kill off a significant stressor by arriving early. Meanwhile, from the interviewer's perspective, the importance of being ready at the agreed-upon time cannot be stressed enough. If the interview is in-person, arrive 15 minutes ahead of time.

If the interview is conducted via phone or video, choose a quiet location where you will not be disturbed. Pay attention to your background and ensure it's clean and professional. Log in to the meeting at least 5 minutes ahead of time to ensure there are no connection issues.



(Pro Tip: Check at least TWO internet maps, such as google maps, yahoo maps, or apple maps, on the day of the interview to get the best directions to the location. You know it's not uncommon for different apps to have different suggestions, so get a few tips to determine which route is likely to be the most accurate AND up to date.)

## Tip #6: Be Professional

Dress professionally. Your first impression is important, so make sure you dress appropriately for the position you're interviewing for.

Be aware of your body language. Sit up straight, make eye contact, and avoid fidgeting. Listen to the questions carefully and take your time in responding. Be concise and to the point in your answers.



(Pro Tip: Rather than restate the interviewer's question, start with your answer and end by saying that you'll be happy to go into more detail. This shows your ability to think clearly under pressure, to be modest about your work, and be willing to respond to requests for follow-up.)

## After The Interview

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### Tip #7: Follow-up

Send a thank-you note to your interviewer within 24 hours of the interview. This is another opportunity to sell yourself and show interest in the position.

If you are working with a staffing agency, follow up with them throughout the interview process. They can provide valuable feedback and guidance on your performance.



(Pro Tip: Check the company's website to see if there's any news you can mention in your note to demonstrate that you're interested in what the company is doing.)



Working with a staffing agency gives you access to valuable resources and guidance to help you prepare for your interview. Here are some ways staffing agencies can help:

- Providing expert advice on how to prepare for specific interviews.
- Performing mock interviews with you.
- Giving professional feedback on your performance.
- Guiding you throughout the interview process to ensure you're consistently putting yourself in the best possible position to demonstrate your unique value.

[Contact Astrix](#) now if you're ready to take your scientific or technical career to the next level. We're delighted to meet motivated professionals, talk about their goals and help them succeed in landing the best job opportunity offered by our top-tier clients.

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