

GET WORK VANTAA

**Get interview-ready –
Polish your skills and boost your confidence!**

Riia Hoppania, Career Coach
Metropolia UAS



What we'll do today:

9-10.15

- How to prepare for an interview
- Most typical questions and how to answer them?
- What to do after the interview?

10.30-12

- Station rotation exercise to practice the answers in small groups

Who's here today?

Nice to meet you!

Let's get to know each other little bit!

Tell shortly your

1. First name and what is your field of expertise
2. Expectations for today?

Share your experiences

Let's warm up!

- How many of you have already had a job interview in Finland?
 - What was the experience like?
- How do you prepare for the job interviews?
- How many of you feel nervous about job interviews?
 - How do you tackle the nervousness?

How to prepare for the job interview



Euroopan unionin
osarahoittama



Make sure you have all the information you need!

- When and where the interview takes place?
- Is it going to be a one-on-one interview or group interview? Online or Face to Face?
- Who is/are interviewing you? Their roles in the company?
- How do you get there? Where can you wait your turn? Do you have the link etc.



Different kinds of interviews, what to consider?

- Individual interview
- Group interview
- Video interview
- Online interview
- Face-to-face interview

Preparing to the interview

- Read the job ad once again!
- Read your application letter to check what you have told about yourself.
- Check the company website for more information.
- Practice answering the most typical questions this specific job in mind.

The most typical interview questions and how to answer them



Euroopan unionin
osarahoittama



1. Tell us about yourself

- Briefly discuss your career: your work history, key achievements, and goals that are related to the position you are applying now.
- The interviewer already has your resume, so you don't need to recap your entire background.
- Share something that sets you apart from other applicants and highlight your motivation.

Source: [Duunitori](#) *



Euroopan unionin
osarahoittama



2. Why do you want to work for us?

- This question is designed to test your motivation and determine how much you know about the company before the interview.
- Answering this question is easy if you know something about the company's background, offerings, industry, situation, and the position you're applying for.
- Explain why you want the job and why your experience is suitable for the position.

Source: [Duunitori](#)

3. What are your strengths?

- Hopefully, you already have a good idea of your strengths, as you've likely outlined them in your job application. It's a good idea to review the job posting you applied for just to be sure.
- Job descriptions usually outline the responsibilities of the role and list various skills that would be helpful in performing the tasks. If you possess these skills, highlight them as your strengths. Remember to use specific examples rather than just listing personality traits.

Source: [Duunitori](#)

4. What is your greatest weakness?

- Talking about weaknesses is often the most challenging part of a job interview for many people. However, try to avoid clichés, and remember that the interviewer will notice if you try to turn a weakness into a strength.
- So, choose a genuine weakness and add something positive to your answer. Explain that it's a problem you're working on. For example: "I have a tendency to rush through projects because I want to get them done quickly. However, I've been working on slowing down and focusing more on quality over quantity."

Source: [Duunitori](#)

5. How do you handle conf

- When interviewers ask questions like this, they want you to provide examples of such situations. Describe a situation where you found yourself in a conflict or another problem at work.
- Describe the situation, explain how you handled it, and how the issue was ultimately resolved. It's worth telling the story from beginning to end but keep your answer concise.
- Use STAR Method to answer this type of questions!

Source: [Duunitori](#)

STAR Method

The STAR method is an interview technique that gives you a straightforward format you can use to tell a story by laying out the situation, task, action, and result.

Situation: Set the scene and give the necessary details of your example.

Task: Describe what your responsibility was in that situation.

Action: Explain exactly what steps you took to address it.

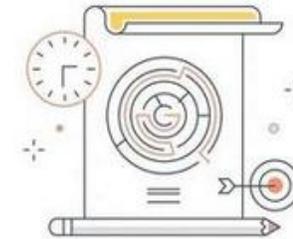
Result: Share what outcomes your actions achieved.

Use the STAR method for those prompts that ask you to provide a real-life example of how you handled a certain kind of situation in the past (i.e., how you behaved in the past)

Source: [The Muse](#) **

SITUATION:
Set the scene
and give the
necessary details
of your example.

S

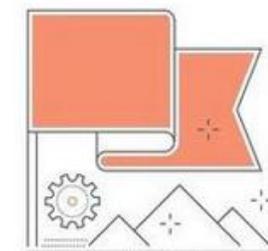


T

TASK:
Describe what
your responsibility
was in that
situation.

ACTION:
Explain exactly
what steps you
took to address it.

A



R

RESULT:
Share what
outcomes your
actions achieved.

6. Where do you see yourself in five or ten year

- Your answer to this question should reflect your commitment to the company and its growth. Explain that you want to learn as much as possible and expand your skills. You can also mention that you aim to advance within the company in the future. Your answer should indicate that you want to build a long-term career with the company
- The purpose of this question is primarily to determine whether your career expectations are realistic, whether you're ambitious enough, and whether the position aligns with your future goals. Companies prefer to hire individuals who want to grow and develop in their careers.

Source: [Duunitori](#)

7. Why should we hire you?

- This question may be one of the last you're asked during the interview. Like the first question, this one is a bit broad, so it's a good idea to think about your answer beforehand.
- Summarize your key skills and achievements and explain how they would benefit the hiring organization.

Source: [Duunitori](#)

Prepare also the questions you want to ask from the recruiter

- What does success look like in this position, and how is it measured?
- How does the company support professional development and continued learning?
- Can you tell me about any recent projects or initiatives the team has been working on?
- What is your management style, and how do you support your team members?
- How does the company promote work-life balance and employee well-being?
- What are the next steps in the interview process, and what is the expected timeline for making a decision?



Euroopan unionin
osarahoittama



During the interview

- Remember the power of friendliness and politeness!
- Listen carefully to what you are asked
- Try to be precise in your answers, and stick to the point you were asked
- If you lose the red thread in the middle of answering, simply ask to repeat the question
- Make sure you know what happens next in the recruiting process

Something to think about

”

Ideally, a job interview is a discussion in which both parties are actively involved. The interview is also an opportunity for you to find out what the company, the role and the working environment are like and whether they would be a good fit for you.

”



Euroopan unionin
osarahoittama



What to ask?

Let's practice!

Prepare 3-5 good questions you could ask from a recruiter.

You can search for a suitable job ad and use it when you think about the questions.

Discuss in small groups/pairs 10 min.

Share your questions with the whole group.



European unionin
osaraioittama



Thoughts that can help if you're nervous

- The interviewer might be nervous too
- The interviewer wants you to do well in the interview

What to do **after** the job interview



Euroopan unionin
osarahoittama



After the interview

- Reflect on how the interview went
- Where some questions difficult to answer? Write them down for the future!
- What needs to be practiced more?
- Send a "thank you note"!

Contacting a recruiter after getting a rejection letter

- An opportunity to ask for feedback, especially if you were interviewed for the position.
- What kind of skills did they value in the candidate they decided to hire?
- What kind of background (studies, competence, qualities, work experience) were they looking for?
- Try to sound positive even if you are disappointed, because you might get valuable information for the future or even a second chance.

Let's take a short break

15 min

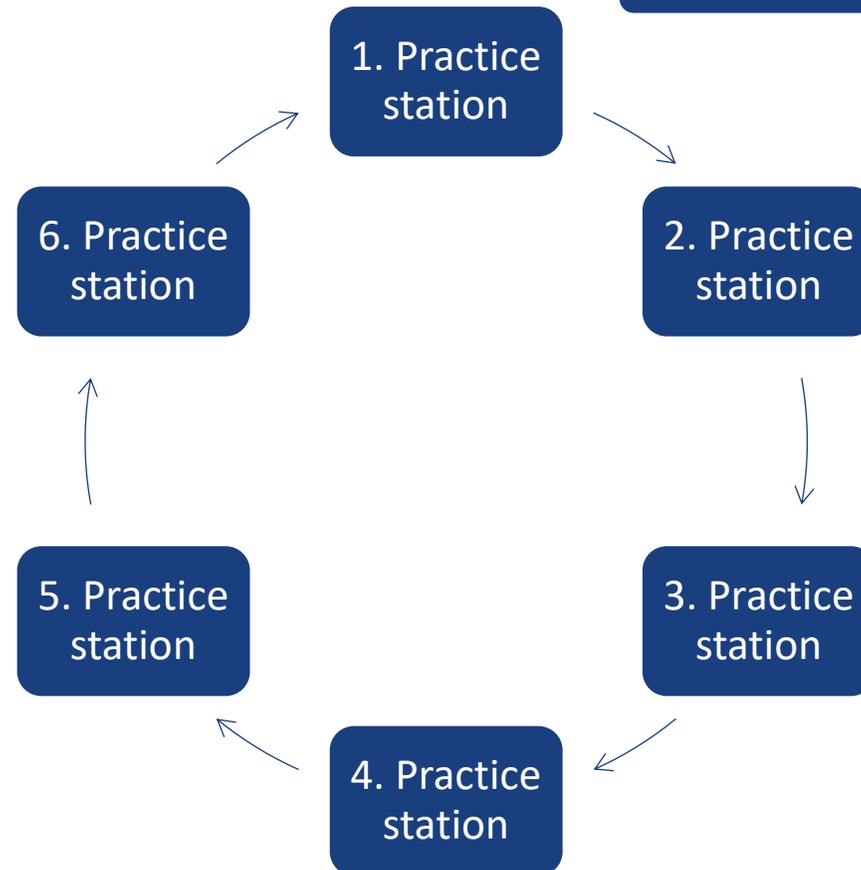
We'll continue at XX

Station rotation exercise in groups

Groups of 2-3 person
15 min per station

Take turns to answer the interview questions and give each other feedback!

Let's practice!



Share your experiences

Let's cool down!

- How do you feel about job interview after this workshop?
- What is the one thing you will take with you today?



Euroopan unionin
osarahoittama



More tips and help on how to prepare for the job interview

[TEK workbook – Interview](#)

[The Muse - Interviewing](#)

[Duunitori - Työhaastattelu](#)



Euroopan unionin
osarahoittama



Please, give us feedback!

How did we do today?



Euroopan unionin
osarahoittama



REFERENCES:

Duunitori. *Yleisimmät työhaastattelukysymykset*. Retrieved March 14, 2025, from <https://duunitori.fi/tyoelama/yleisimmat-tyohaastattelukysymykset>

The Muse. (n.d.). *The STAR interview method*. Retrieved March 14, 2025, from <https://www.themuse.com/advice/star-interview-method>

* Duunitori is a Finnish job search platform and a working life media outlet

** The Muse provides career resources, job tips, and inspiration for job seekers and professionals.



Euroopan unionin
osarahoittama



Kiitos!



Euroopan unionin
osarahoittama



Elinkeino-, liikenne- ja
ympäristökeskus



 Metropolia

Get Work Vantaa -hanke

Kaksivuotisen [Get Work Vantaa -hankkeen](#) päätoteuttaja on Vantaan kaupunki. Laurea-ammattikorkeakoulu ja Metropolia Ammattikorkeakoulu ovat hankkeen osatoteuttajia. Hankkeen toteutusaika on 1.6.2023–31.5.2025. Get Work Vantaa on Euroopan sosiaalirahaston osarahoittama.

