

TOP 10 INTERVIEW TIPS

Interviewing for a position can be intimidating. A few industry leaders gave their best tips that can help put you in position to land your dream job.



1. Take your scope of practice with you to an interview.

Most employers are not always aware of the capabilities of a CDM, CFPP, especially if they have not worked with one before.

2. Be prepared. Research the organization where you are applying and learn about what they do. This not only shows you who you would be working for, but also shows them that you are interested in them enough that you took the time to learn about their company. Ask questions about how they operate, their mission, what goals the organization has, etc.

3. Make a list of the major projects and procedures you have implemented in previous positions.

Having this list handy will ensure that you do not forget any of your accomplishments.

4. Make sure to be professional, while also being comfortable and friendly.

Employers want to hire team players who work well with others. As one employer says, "You can teach cooking. You can't teach nice."

5. Be prepared to explain your interpretation of the job for which you are applying.

An employer may ask you this in order to clear up misconceptions and make sure you each are on the same page for what you consider to be the duties and responsibilities of the position.

6. Be prepared to discuss your previous employment.

You may be asked why you left a job or why you are looking for a new position. Make sure to always explain your situation in a positive manner. Never speak negatively about a former employer. If you have a long gap in employment, be prepared to explain why you were unemployed for that period of time.

7. Employers want to hire individuals who are passionate.

Whether your passion is cooking, nutrition, or leadership, be certain to convey this enthusiasm during the interview. Employers want to hire individuals who are passionate about their career.

8. Never answer a complex question with a simple "Yes" or "No."

If you have to, always explain the yes or no answer with subsequent information. The employer is trying to get a perspective on your fit within the organization. The more you have to say, the more data it gives them to determine your fit.

9. While you will obviously highlight your successes, don't be afraid to comment on your failures.

It not only shows you are capable, but also that you are humble and can accept that you make mistakes, especially if you learn from those mistakes. If mentioning a failure or mistake, be sure to follow it up with what you learned and how you avoided the same mistake in the future.

10. Come prepared with a list of questions.

It shows you did your homework and are serious about the position. You may ask about the culture of the foodservice department, or the interviewer's managing style. Keep in mind that although you are being interviewed to see if you are a good candidate for the position, you are also deciding if the organization is a good fit for your career.

BONUS

11. Get plenty of rest the night before.

You think clearer and quicker when you are well-rested.

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