

Course 1: The Strategic Postdoc

Module 2: Applying for and Choosing the Right Postdoc

Session 3: Preparing for the Interview Process

Activity 3.1: Postdoc Interview ‘Show and Tell’

Directions: Start preparing for your postdoc interview by reflecting on what you want to know about your prospective employer and what you want to tell them during the interview. Use the questions below to start thinking about what specific questions to add to your list.

Part I: What do you want your prospective advisor and lab to know about you? How do you show them?

General Prompts

- What do they know about me already? What have they learned about me by reviewing my CV, cover letter and the rest of my application package?
- Which skills should I discuss to demonstrate that I’m a good fit for this position (e.g., techniques, effective communication)? Think about the job requirements; what skills does the ideal candidate have?
- What skills should I prioritize and emphasize?
- What specific examples can I give to demonstrate how well I’ve mastered these skills?
- How can I differentiate myself from others? What unique skills or attributes do I bring to the table?
- How can I demonstrate that I’m a team player and collegial?
- Which features did I highlight on my cover letter? Which parts should I address?

Specific Areas to Consider - The areas you choose should align with what the role requires.

- General or specific training
- Knowledge of specific subject areas
- Working knowledge of your field
- Ability to work independently

Part II: What do you need to know about them?

- Can you share an example of the projects I might be working on?
- Which projects are the most challenging? Are there any that need immediate attention?
- How do you typically train others?
- What are the opportunities for my professional development?
- Can you tell me more about the team?
- Do you regularly collaborate with other departments or institutions?
- For additional information, check out the article [“Put Your Best Foot Forward” – Tips for the Postdoc Interview and Choosing a Lab](#) by Lesley Weaver.

Part III: After reflecting on the questions from Part I and Part II, generate a list in order of priority of the things you want to **TELL during the interview**, and the things that you **want to KNOW**. Use this list to prepare your answers during the interview. As part of your strategy, research common interview questions and practice how to incorporate some of the items in this list into your answers. If you're having trouble getting started, use these resources ([1](#), [2](#) and [3](#)) to help you move forward!

Item	Everything You Want to TELL	Everything You Want to KNOW
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		