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# Top 10 Tips for Internship Interviews

**1**

## Do Your Homework

Before you go, spend a little time online with the company. Check out their website, see what they're posting on social media, and understand their mission. Knowing what they're all about shows you're genuinely interested in *them*, not just any random internship.

**2**

## Rehearse Your "Why"

Take a moment to think: "Why am I excited about *this* role?" and "What makes me a great fit?" You don't need a perfect script, but having a clear idea of your story will help you answer questions smoothly instead of freezing up.

**3**

## One Size Doesn't Fit All (Especially for Resumes)

Tweak your resume for every single application. Read the job description and make sure the skills and experiences you highlight match what they're looking for. It takes an extra five minutes, but it shows you're paying attention.

**4**

## Dress the Part

First impressions are a big deal. The golden rule is to dress a little nicer than you think you need to. It shows you're serious and respect their time. If you're unsure, it's always better to be slightly overdressed than too casual.

**5**

## Be Early, Not Just "On Time"

Plan to get there about 15 minutes early. It gives you a buffer for traffic or getting lost, and a few minutes to sit, breathe, and get your head in the game before you walk in.

**6**

## Bring Your Best Self from the Moment You Arrive

Your interview starts the second you walk in the building. Be friendly and polite to everyone you meet, from the person at the front desk to your interviewer. Make eye contact, give a confident handshake, and sit up straight. It all sends the message: "I'm confident, professional, and happy to be here." Oh, and silence your phone!

# 7

## The Elevator Speech

You'll almost certainly be asked, "Tell me about yourself." Have a quick, positive summary ready. This is your "elevator speech"—a short pitch that covers who you are, your goals, and why you're a fantastic candidate for this role.

# 8

## Come Prepared with Proof

Don't just *tell* them you're great—*show* them! Bring a simple folder with extra copies of your resume and a few work samples if you have them (like a class project, a writing sample, or a portfolio). It makes you look organized and prepared.

# 9

## Don't Forget to Interview Them, Too!

At the end, when they ask, "Do you have any questions for us?" the answer is always "Yes!" Asking thoughtful questions shows you're engaged and helps you decide if this is a place you actually want to work. Try asking, "What does a typical day look like for an intern?" or "What's your favorite part about working here?"

# 10

## The Power of a Simple "Thank You"

Thank the interviewer for their time before you leave. Then, a few hours later, send a short and sweet thank-you email. This is a move that helps keep you top-of-mind and shows your appreciation. It's surprising how many people skip this step!



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