



## Preparing for a First Interview

### “Are You a Team Player?”

When an interviewer asks if you are a team player, they are trying to decide if you will be able to work well with others. Your answer must be more than a simple “yes” if you want to convince them to hire you.

The interviewer will want to hear about a specific example of a time you worked successfully in a team situation. Have you been on a sports team? Worked in a group for a class project? Participated in a play, choir, or band? All of these are potential examples of a time when you practiced good teamwork. You can prepare for this interview question using the STAR technique to break your response into four parts:

1. **Situation: Describe the group itself.**

Example: “I was on my school’s basketball team.”

2. **Task: State the goal of the group.**

Example: “We had to raise \$100 for a class field trip”

3. **Action: Describe the steps the group took to achieve that goal.**

Example: “I took notes while they took pictures”

4. **Result: Reflect on the outcome of your group’s work.**

Example: “Even though we had a week to get it done, we finished in two days!”

It’s always a good idea to prepare your answers to interviews ahead of time. Try crafting your own response to the question “Are you a team player?”

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---