



Interviews

How to prepare and what to expect

All ages | Reasonable adjustments explained



Before the interview

- Read the job advert again
- Find out a little about the employer
- Plan your journey and do a practice run if you can
- Practise answers to common questions with someone
- Choose clean, tidy clothes



Common questions

- Tell me about yourself.
- Why do you want this job?
- What are you good at?
- Tell me about a time you worked in a team.
- When can you work?
- Do you have any questions for us?



Reasonable adjustments

If you have a disability or additional needs, you can ask for changes that help you show what you can do. This might be extra time, questions in writing, a quiet room, a break, or bringing a support worker. Employers must make reasonable adjustments. [Access to Work](#) can also help pay for support at interviews, such as a communication support worker.



On the day

- Arrive 10 minutes early
- Say hello, smile and try to make eye contact if you are comfortable
- Listen carefully. It's OK to ask them to repeat a question
- Take your time before you answer
- Thank them at the end



Afterwards

If you don't get the job, ask for feedback. Every interview is good practice for the next one.

Where next? [Telling an employer about a disability](#) • [Access to Work](#) — www.tags.careers/guides.html