



Informational Interviews

Objective

In this activity, you will learn strategies for conducting informational interviews.

Informational Interviews:

- These are informal career conversations with professionals whose jobs sound interesting to you.
- The goal is to gather information on a specific job, company, or career field to help you make an informed decision about your career transition.
- Importantly, they may also help you dispel any incorrect assumptions you may have.
- These are important no matter what stage of the job search process you are in: be that just starting to explore career possibilities, to learning more about the day to day work of certain professionals, to actively looking for available opportunities in a company or industry of interest.

Activity

1. To start, list below any assumptions you may have about certain careers, companies, or industries.

- Are there certain careers you assume would or would not be a good fit for you?
- Have you heard negative things about a particular industry?
- Is there a company that you think you would enjoy or not enjoy working at?

Assumption #1:	
Assumption #2:	
Assumption #3:	
Assumption #4:	
Assumption #5:	

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2. What questions could you include in an informational interview to test the accuracy of your assumptions?

Some common questions asked during informational interviews are:

- Can you tell me the story of how you ended up in [Role]?
- What does your day-to-day look like?
- What do you enjoy most about your role?
- What do you wish you had known before you started working at [Company]?
- Is there anything that surprises you about your career in [Industry]?
- Is there anyone else you think I should meet?

List some questions below that you would like to ask potential interviewees:

Question #1:	
Question #2:	
Question #3:	
Question 4:	
Question #5:	

3. Who could you interview to learn more about careers, companies, or industries that are of interest to you?

List the names and contact information (could be a phone number, email address or LinkedIn profile link) for some potential interviewees below.

Potential Interviewee #1:	
Potential Interviewee #2:	
Potential Interviewee #3:	
Potential Interviewee #4:	
Potential Interviewee #5:	