

What are Informational Interviews?



An informational interview is a meeting (around 15–30 minutes) with a professional in your field to learn about the real-life experience of someone working in a field or company that interests you. An informational interview gives you the ability to find out more information about a career field or specific person's career path. Informational interviews are not job interviews, so it's important to keep focused on getting information, not a job offer.

Benefits

- Learn what an average day looks like for a professional in your field of interest to get an idea of what it would be like for you to work in that field
- Build relationships and network with professionals in your aspiring field of work
- Ask about a specific company's culture and day-to-day routines in a more informal setting than a job interview
- Learn about a particular individual's career path to identify steps you could take in your own career

Questions to Ask

- What does an average day look like for you? Is this typical for most individuals working in your field?
- What does your career history look like? What steps did you take to get here?
- What is the best way for me to find out about jobs in this field?
- What would make my resume stand out in this field?
- What are your favorite/least favorite parts of your position?
- Is there anyone else you would recommend I speak to?

*Information adapted from:

CareerOneStop. (2021). *Informational interviews*.

<https://www.careeronestop.org/jobsearch/network/informational-interviews.aspx>

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University of California Berkeley. (2021). *Informational interviewing*. UC Berkeley career center. <https://career.berkeley.edu/Info/InfoInterview>

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