

Benefit Statement

Introduce Yourself with Style!

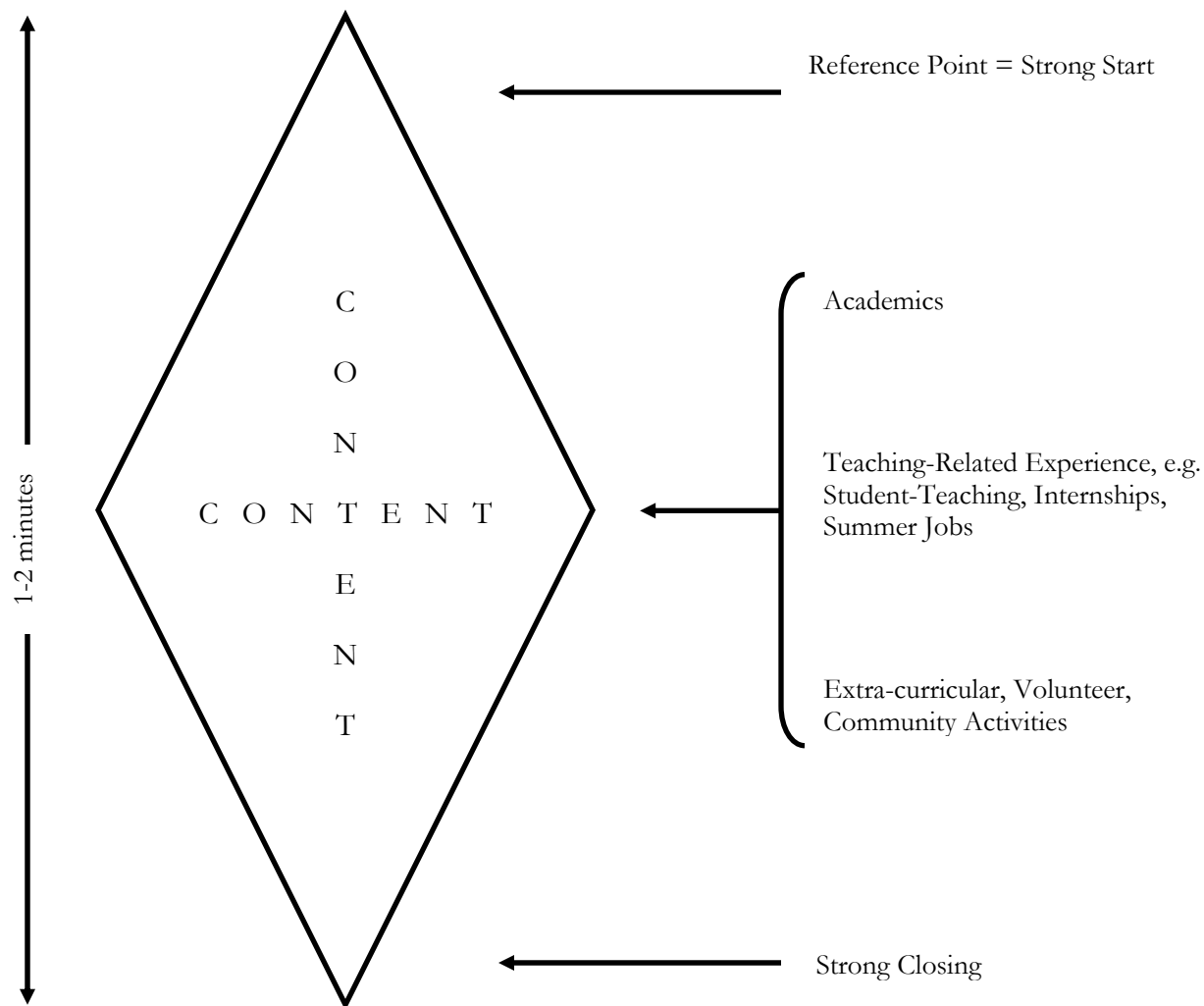


At the beginning of an interview, you may be asked to give a brief statement describing your background and how you can add benefit to the particular organization at which you are interviewing. The question may be phrased in a variety of ways:

- Tell me about yourself.
- Summarize your background, highlighting the experiences most relevant to the position/this organization.

No matter how the interviewer chooses to frame the question, your task is the same: in less than two minutes, give a strong, concise statement about yourself that will capture the interviewer's interest.

Use the diamond communication model to frame your benefit statement:



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Use your resume as a guide in developing your benefit statement. Write a draft of the benefit statement and make an appointment at the Center for Experiential Learning to have a counselor provide feedback. Then rewrite, edit and polish the benefit statement until you are comfortable with it; practice delivering it until you can say it comfortably and naturally.

A well-written benefit statement will create an underlying theme that you will return to during the interview to stress the knowledge, experiences, skills and personal characteristics that make you an outstanding candidate.

Here is an example of a benefit statement:

I am currently a senior majoring in Math Education at St. Olaf College in Northfield, Minnesota. My academic background includes an emphasis in Psychology in addition to my coursework in Mathematics. My Math courses developed my problem-solving and analytical skills. I chose to supplement them with courses such as developmental psychology, two courses in the psychology of adolescents, and a counseling techniques course to develop both an understanding of and skills in working with young people.

I completed my student teaching at Valley Middle School in Apple Valley. There I was able to teach students with a broad range of abilities. My eighth grade algebra class consisted of high ability, high-achieving students and presented a very different challenge than my seventh grade class which was composed of students who needed extra attention with their math skills. I spent time with both the coordinator of the gifted student program and with a learning disabilities teacher to strategize methods that would be most appropriate for the different ability levels. In my seventh grade class, I actually restructured the curriculum and introduced some experiential activities that made the learning of mathematics more concrete and more fun for my students.

Throughout both my high school and college years I have been involved in coaching kids. While student teaching, I worked as an assistant coach for the girl's soccer team. For two summers during college, I worked as a camp counselor and I have had numerous experiences with youth in my church and through the Adopt-a-Friend program at St. Olaf.

My academic background, my student teaching experiences and the variety of experiences I've had with adolescents have prepared me well for a position teaching Mathematics at the Northfield Middle School. My love of working with youth and my enthusiasm for being part of their lives during the crucial teenage years will make me an excellent addition to your staff.

St. Olaf College – Center for Experiential Learning

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