Informational Interviews

What is an Informational Interview?

Informational Interviews are informal opportunities to speak to professionals currently working in a field or company of interest to you. Learn first-hand about working in the job area. Knowledge gained from an informational interview is not usually accessible online. **It is not a job interview and the focus is not to learn about job openings.**

Why should I seek out an Informational Interview opportunity?

- Learn from a professional in an area of your interest what it is “really” like to work in an industry, company and/or position.
- Build a network of professional contacts within your field of study or major. As these relationships develop, these new contacts may be able to direct you to possible positions or other professional contacts.
- Discover career paths and titles that you may have been unaware existed.
- Gain tips about how to prepare to enter a specific field or industry.
- Meet others with the same or similar majors and learn about the diverse opportunities.
- Find out more about a specific organization (culture, mission, goals, typical day, etc.).
- Gain confidence and experience in communicating with professionals.
- Get additional information that can assist in your career search (contacts, resume, interviewing, networking, etc.).

*Adapted from Berkeley University of California Career Center

Additional resources:

Videos_ Sample Informational Interview Videos – Beyond the Lab, Vanderbilt University
https://medschool.vanderbilt.edu/career-development/beyond-lab

Sample Networking Informational Interviews & Thank You’s - Harvard University
http://hls.harvard.edu/dept/opia/job-search-toolkit/networking-tips/sample-networking-emails-and-thank-you-notes/

Career One Stop – Sponsored by the U.S. Department of Labor – Informational Interviews

Berkeley University of California Career Center - Informational Interviews
https://career.berkeley.edu/Info/InfoInterview