



PREPARING FOR YOUR INTERVIEW

Canadian Forces occupations offer adventure and challenge, test your physical and mental stamina, and instill such qualities as self-reliance, confidence and pride. If you are ready to find out more about yourself and see how well you fit these occupations, complete this interview guide and worksheet. By taking a moment now to consider and record your experiences, you are not only preparing yourself for a future employment interview, but also for an exciting and worthy career.

A successful interview comes from preparation and self-confidence. By answering the following questions, you will be preparing yourself for the interview. You should consider experiences related to your personal life, hobbies, school and work.

Your last and first names

Interview Date:

Check your areas of interest

- Land Operations (Army)
- Sea Operations (Navy)
- Air Operations (Air Force)
- Support (Logistics / Medical)
- Regular Force (full time)
- Reserve Force (part time)

**List the occupations that you applied for
in your Canadian Forces Application Form:**

First choice: _____

Second choice: _____

Third choice: _____

1. Write a description of the occupation that you are interested in, including some of the duties and where you may be employed.

2. Where and how long is the training? _____

Recruit Training: _____

Occupational Training: _____

3. Every occupation has its good and bad points. Identify those aspects of the occupation that you find appealing and interesting, and those aspects which you find the least appealing.

Most Appealing:

- a. _____
- b. _____
- c. _____
- d. _____

Least Appealing:

- a. _____
- b. _____
- c. _____
- d. _____

NAME: _____

4. How will you manage the more difficult aspects of this occupation?

Personal Qualities

1. The following personal qualities are necessary in order to perform in the Canadian Forces. Provide the best examples, from either your personal, school or work environment, that demonstrate some or all of these qualities.

Dependability: _____

Adaptability: _____
Self-Discipline: _____

Mental Stamina: _____

Physical Endurance: _____

Positive Attitude: _____

Initiative: _____

Willingness to Learn: _____

Patience: _____

Courage: _____

2. What personal or job skills do you currently have that would assist you in this occupation?

a. _____
b. _____
c. _____
d. _____

3. Provide examples, from either your personal, school or work environment, that demonstrate each of the skills identified in question 2.

a. _____
b. _____
c. _____
d. _____

4. Why are you interested in this occupation?



NAME: _____

5. Why do you believe that you are a suitable candidate for employment in the Canadian Forces?

6. What are your team player qualities? Provide examples.

7. How do you believe this occupation will help you develop personally and professionally?

8. Describe an occasion in the past when you had to assume responsibility of a group of people.

9. Tell me about a time when you were criticized for your performance. How did you accept the criticism?

10. Describe your leadership style. Give examples.

11. What are your goals?

12. What two or three accomplishments have given you the most satisfaction?

REMEMBER: This guide has been developed to assist you with your self-evaluation and interview preparation. Canadian Forces occupations are unique. To perform in these fields, you will be trained physically and technically.