

JOB INTERVIEW TIPS

FOR STUDENTS WITH DISABILITIES

A job interview can be a stressful event for any individual, but may be particularly so for those with a disability. If you have a disability, there may be some additional things to consider when preparing and attending a job interview. Remember the Career Advisors at Humber are here to help you also – so book an appointment and they can help!

- Consider whether or not you want to disclose your disability. When accepting an interview, candidates who have a mobility disability which requires an accessible interview location should make that known.
- If you need accommodations for your interview, be sure to state what accommodations are needed in advance of the interview to allow the employer time to fulfill your needs while also demonstrating professionalism and the ability to manage the disability.
- Preparing a portfolio will be helpful for those who are easily distracted or feel challenged by public speaking (e.g. persons on the ASD spectrum).
- Review your qualifications, skills, and experience – you've been invited to the interview because your resume shows potential, this is your moment to show that potential in person, so be confident by reminding yourself of your abilities.
- Practice possible questions and answers both about the job and your ability to perform it.
- Know your rights – know what you can and cannot be asked about regarding your disability in an interview, and practice your response.
- Be prepared to speak about your disability in a positive manner, with examples from your past.
- Remember that not all people have worked with individuals with a disability and may feel awkward and uncomfortable; being positive and showing them that you can do the job (with or without accommodations) may alleviate some of their concerns. Research the costs and funding available for any accommodations you may need.

Remember the Career Advisors at Humber are here to help you also – so book an appointment and they can help!

For more tips, visit the Alberta Learning Information Services website:

<https://alis.alberta.ca/ep/eps/tips/tips.html?EK=164>

Humber Polytechnic Career Services

NORTH CAMPUS: Academic & Career Success Centre, Learning Resource Commons, First Floor, 416.675.6622 ext. 5030

LAKESHORE CAMPUS: Student Welcome and Resource Centre, WEL105, 416.675.6622 ext. 5028