

Preparing for a Job Interview: Tips for People with Disabilities

*Build confidence, plan ahead, and
show your strengths*



Before the Interview: Prepare Ahead

Research the Employer



- Learn about the company's mission and values
- Review the job description
- Understand what skills they're looking for

Practice Your Responses



- "Tell me about yourself"
- "What are your strengths?"
- "Why do you want this job?"

Common Interview Questions

Plan Your Examples



- Use real-life examples of your skills
- Highlight problem-solving, teamwork, responsibility

Disability-Specific Preparation

Think about what supports help you succeed. You may choose to request accommodations, practice discussing your strengths, or decide whether to disclose your disability. Your experiences and perspective can be valuable strengths in the workplace.

Decide If You Want to Disclose!

- You are **not required** to disclose your disability
- Share only what feels right for you

Request Accommodations (if needed)

- Extra time
- Interpreter
- Accessible location
- Ask ahead of time if possible

Know Your Rights!

Employers cannot treat you unfairly because of your disability and must provide equal opportunities in all aspects of employment.

Day of Interview Tips:



1

Plan Logistics

- Transportation and timing
- Arrive 10–15 minutes early to keep stress low

2

Dress Appropriately

- Comfortable + professional
- Choose what works for your needs



3

Bring What You Need

- Resume copies
- Notes/questions
- Assistive tools or devices

You're Interviewing Them Too!

Remember: This goes both ways

Pay Attention To:

- Workplace culture (Do people seem respectful and inclusive?)
- Accessibility (Is the environment accessible for your needs?)
- Communication style (Clear? Supportive?)

Ask Yourself:

- Would I feel comfortable working here?
- Will I have the support I need to succeed?
- Do their values match mine?

*Tip: A job should be a good fit for **you**, not just the employer.*

After the Interview

Follow Up

- Send a thank-you email
- Reaffirm interest

Reflect

- What went well?
- What did you learn about the job?
- Is this a place you want to work?

Remember: You Bring Value!

Your experiences matter, Your perspective is a strength, and Interviews are a two-way decision