

Technical Job Interview Prep Worksheet

Technical interviews focus on your real problem-solving and technical skills to assess how you'll perform in the role. Instead of hypotheticals, you're asked to explain specific examples that demonstrate your approach and results. A simple way to stay clear and structured is the **TPS method**:

T – Task/Topic: What was the problem or goal?
P – Process: What steps or approach did you take?
S – Solution/Success: What was the outcome or impact?

Use the questions below to think through your past technical experiences. Consider real examples that show how you approached problems and delivered results, and use the TPS method to organize your thoughts clearly.

Problem-Solving

- Describe a technical challenge you faced and how you approached it.
- Give an example of a time you had to troubleshoot an unexpected issue.
- Tell me about a project where you had to implement a solution under tight constraints.

Process & Efficiency

- Describe a time you improved or optimized a workflow or process.
- Give an example of how you identified inefficiencies and corrected them.
- Tell me about a task where you had to balance quality and speed.

Collaboration

- Describe a time you worked with someone to solve a technical problem.
- Give an example of a situation where you had to explain a technical concept to a non-technical person.
- Tell me about a time you collaborated on a project with multiple stakeholders.

Learning & Adaptation

- Describe a time you had to learn a new tool, system, or process quickly.
- Tell me about a situation where a technical plan didn't go as expected and how you adapted.
- Give an example of a time you had to handle changes in technology, regulations, or project requirements.

Results & Impact

- Describe a technical solution you implemented that had a measurable impact.
- Give an example of how your work contributed to the success of a project or team.
- Tell me about a time you resolved a technical issue that prevented a bigger problem.

With the TPS method in mind, pick a question from above and fill in the tables below. Use each section - Task/Topic, Process, and Solution/Success - to break down your example, organize your thinking, and clearly show how you tackled the problem and what you achieved.

Problem-Solving

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Process & Efficiency

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Collaboration

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[Technical Job Interview Prep Worksheet Continued...]

Learning & Adaptation

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Results & Impact

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