The Best Internal Candidate Checklist

Are you prepared?

_____yes  _____no  Do you meet all of the basic qualifications listed in the job description?

_____yes  _____no  Can you demonstrate that you have done 75% of the tasks listed as responsibilities of the job?

_____yes  _____no  Have you thoroughly researched the school, department or unit you are applying to and do you have a clear understanding of the mission and work? (This requires going onto the relevant school, department or unit website and reading about the work they do. It might also involve talking to people you know who have worked there.)

_____yes  _____no  Have you tailored your resume to fit the specific job? (Note: if you are applying to different kinds of jobs – i.e. staff assistant and finance associate – you should have a separate resume that highlights your skills in each of these specific areas.)

_____yes  _____no  Have you tailored your cover letter to fit the specific job?

_____yes  _____no  Have you spoken to 3 to 5 people who have agreed to be references for you and are they able to give specific examples of your abilities?

Performance and Awareness

_____yes  _____no  Have you been in the job for at least 6 months? (It’s strongly preferred that you have been in the job for at least that amount of time. Of course, there can be extenuating circumstances –a term position, etc.)

_____yes  _____no  Have you demonstrated solid work performance? (Consider what your manager and co-workers would say about your work.)

_____yes  _____no  Have you reviewed the salary grade range and are you aware that people are frequently hired below the mid-point?

_____yes  _____no  Are you clear on your goals in making this career move? (It is important to be aware of such possibilities as compromising earnings to gain opportunities for professional growth, among others.)
Reputation

_____yes _____no Even though you are job seeking, are you continuing to be a positive contributor in your current position?

_____yes _____no Are you able to articulate specific examples of the value you bring to your work team?

_____yes _____no Are you selective in the jobs you apply for and are only applying for those jobs in which you meet all of the basic requirements and have demonstrated that you can do at least 75% of the tasks required?

_____yes _____no Are you fully prepared for the interviews – anticipating both traditional and behavioral interview questions?

_____yes _____no Do you send a thank you e-mail or note promptly after the interview?

_____yes _____no Do you have a positive working relationship with your manager? Your manager will likely be involved in providing a reference for you so it is important to be aware of your relationship with that person and to always work toward a positive one.