



YOUR HEALTHY CHOICE AMBASSADOR

ACE YOUR INTERVIEW CHALLENGE

Week 1: First Impressions

THREE MINUTE ROUNDS

Leading by example: at the beginning of the round, make eye contact shake each participant's hand – introduce yourself to each of them and don't move on until they've introduced themselves – if they don't take the hint, ask them to introduce themselves.

Coach them – always start off an interview with a handshake and an introduction.

When the round ends, shake each of their hands before letting them move on.

For each question – can choose to probe for more info, or ask another participant same question, or move on to the next question instead.

Question for each participant: Why have you signed up for this challenge?

Probe for more information/clarity if you think it is necessary.

Question for all participants (can ask them as a group): Why do you think getting to an interview on time is so important?

Desired answers: it's polite/considerate, it shows you're responsible and dependable, it shows that you take this seriously.

Question for one participant only:

What would you do if you were going to be late for an interview?

Desired answers: call the interviewer as soon as possible to let them know, apologize, and explain, let them know what time you'll be arriving.

Question for one participant only:

What do you do if you are going to be late for an interview?

Desired answer:

Call ahead to let your interviewer know, apologize, let them know what time you will be there.

Question for one participant only:

Why do you think it's so important to show up to an interview looking and smelling neat and clean?

Desired answers (any of the following): Shows that you're well put together, have good hygiene, respect those around you, some people may be allergic to heavy perfumes or colognes, make a good impression overall.



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Question for one participant only:

Which of the following should you NEVER wear to an interview: skirt, dress pants, blouse or buttoned shirt, **jeans**, or a tie?

Question for all participants (can ask them as a group):

Would you bring a friend or a parent/guardian to the interview?

Desired answer: it's okay to have a parent/guardian wait for you in the waiting room (younger applicants).

You should not have friends attending interviews with you. It demonstrates maturity and independence if you can go on your own (for the older kids).

Question for one participant only:

You forget to turn off your cell phone, and you receive a call during the interview. What do you do?

Desired answer: Ignore the call – turn off the phone immediately, and put the phone away again. Apologize to your interviewer for the interruption, and continue with the discussion.

Question for one participant only:

What are some of the things you might want to bring with you to an interview?

Desired answer: copy of your resume and/or application you filled out, references, pen and paper to take notes.

Question for all participants (can ask them as a group):

Who could you put down as a reference?

Desired answers (any of the following): teachers, coaches, people you've done odd jobs for in the past, priest/minister/rabbi/other

Follow up: should you have your parents or friends down as a reference? NO.

Question for one participant only:

What kind of body language is important in an interview?

Desired answers (any of the following): sitting up straight, speaking clearly, no mumbling, smiling, maintaining eye contact.

Other: Try not to cross your arms, click your pen, no gum chewing, crack your knuckles.

Question for all participants (can ask them as a group):

What should you do at the end of an interview?

Desired answer: shake hands with the interviewer at the end of your interview and thank them for their time before leaving.