



MYEP VIDEO INTERVIEW TIPS

Plan Ahead:

- Know what you're interviewing for and why participating in the MYEP is important to you before your interview. If you're informed and genuinely interested, that will shine through in your interview.
- Be prepared to talk about yourself. Think through what makes you qualified and unique, and then be ready to sell yourself.
- Get your interview done early! We want you to stay calm through this process instead of appearing unprepared, rushed, or flustered about getting it done before the deadline.

Practice:

- You've got all of the possible interview questions that will be asked—use them to practice! You can have someone ask you interview questions and practice your responses, you can practice by yourself in front of a mirror, or you can even record yourself with a smartphone. The more you prepare, the more comfortable you will be and the more confident you will appear in your interview.

Don't try to memorize responses. Be natural! Focus on answering the questions honestly, sincerely, and in a relaxed manner.

Be Professional:

- Dress for success. Wear something appropriate for a professional work environment. When in doubt, lean toward the side of conservative/formal. If you are unclear about what is appropriate, or if you need resources for interview clothing, ask your CDC or MYEP Staff for assistance in advance. A tip that applies for interviews--and more generally--is that if you look professional, people will take you seriously and you will feel more confident.
- Body language is important: proper body language will show you are engaged, mature, poised, and professional. For example, have good posture and keep your hands down by your side or in your lap. Look into the camera, smile, and speak clearly. You may have to speak more slowly to speak clearly.

Don't be distracted, fidget, or appear bored. Turn off your cell phone, find as quiet a space as possible to interview, and stay focused.

Relax:

- Take a deep breath, relax, and smile. You're in control: show us (through body language) and tell us what we should know about you.