

## How Can I Practice for an Interview?

By presenting a polished resume you can get a foot in the door, but this is merely the start. The next step towards landing the job is the **interview**. Considering that the job interview has the potential to change your life, there are very few people who really prepare effectively for the face to face contact with a potential employer. Follow these **crucial tips** and you will be light years ahead of much of your competition and heighten your chances of being offered the job.

### *Prepare for the interview:*

- When you know the day and time of the interview, take a drive there at the same time so you can measure the time it will take to get there.
- Getting lost! This is not going to help you keep your cool on the day, it will make you nervous and put you off your game and there is no such thing as “*fashionably late*” to an interview.
- It is also a good idea to telephone a couple of days before the interview to confirm the time and date.

### *Find out about the company...*

- The very first thing that you need to do is to investigate the company you may very well find yourself working for. If you turn up to the interview and you showcase a minimal understanding of how the company operates, then you are not going to leave recruiters with a favorable impression.
- Scrounge around for as much information about the company and the people who work in it as possible. With background knowledge you will appear on the ball and professional.
- A classic interview question is: “*Why do you want to work at X company?*” Make sure you have the answer clear in your head. This is a crucial question and if you look stumped, then you can bet your bottom dollar you have bombed the interview.

### *Practice makes perfect!*

Sometimes the internal impression that we have of ourselves is totally different to how we actually come across to others. For this reason, a priceless preparation technique is to video tape yourself and practice your **interview skills**.

There are very few people who take the time to do this and the experience and the **confidence** that it gives you when it comes to the real thing is invaluable. Once you have done this you can play it back and watch yourself with a critical eye.

You can also practice with family or friends and have them offer you some **constructive criticism** too. When you are analyzing your “performance” there are certain things that you should look out for. Look at your **delivery** first of all – are you articulating your answers clearly and giving an overall impression of professionalism and **confidence**?

### *How does it sound and how does it look?*

When you are looking at how you are answering the questions observe the way that you are using your voice – are you using the following to communicate effectively:

- Tempo
- Speed
- Volume
- Intonation

Bear in mind that when we are nervous, we tend to speak faster, so consciously control this aspect of your speech. Much of what we communicate to others is non-verbal, so ensure that your **body language** is open and positive. Avoid crossing your arms, which is a defensive gesture or fidgeting, which demonstrates nervousness.

If you put the time into preparing for an interview, then you will be much more **confident** in the interview and your preparation will also convey a **favorable impression**. There are few people who truly prepare for their interviews effectively, if you are the **one percent** that does, then your chances of job offers are going to increase out of sight.

If your interview is going to take place on the telephone the article: *"Tips for Telephone Interviews"* is a great resource that can help you out!

*To prepare yourself for the entire interview process Regal Resumes has a Mock Interview service where you will learn helpful interview tips and you will be able to watch yourself on the video disk provided. [Click here to learn more.](#)*