



## Quick Tips: First Impressions

### **BASIC TIPS:**

- You only have one first impression! Speak about your unique talents, strengths, and accomplishments that you bring to an organization.
- Prepare in advance. Be ready to give specific examples that highlight your best qualities.
- If you have previously worked in an internship/co-op, talk about the projects that you worked on, the results that your team achieved, your own specific responsibilities, and your accomplishments during the internship/co-op.
- Soft skills are key! Interviewers will not only consider your grades, but they will also consider how well you can communicate and work with others.
- The physical aspect of first impressions is important. You should seek to impress by how you present yourself during a face-to-face contact such as how you shake hands, make eye contact, what clothes you wear, etc.
- Consider the “brand” that you present when someone meets you and realize that an organization will consider your brand as well during your meetings with you. Most companies will want to hire someone who is confident, friendly, well spoken, and at ease with others.
- Think about the interviewer rather than yourself. Focus on helping the interviewer learn as much about you as possible and also consider how you make them feel throughout the interview.