

Interview Tips & Hints

- Prepare and practice responses - but don't overdo it! You need to be able to adapt to the unexpected
- Take care with your appearance. Present yourself professionally, showing interest and enthusiasm
- Being nervous is expected, but learn how to manage your nerves, relax and let your personality show
- Take your time with responses, if needed ask for the question to be repeated or clarified
- Frame your answers in a positive light while being honest and genuine
- Convey enthusiasm in your body language and tone of voice
- Show you've done your research
- Be on time - no excuses
- Switch off your mobile phone
- Prepare some questions to ask the interview panel
- Use the STAR technique for behavioural questions to tell a story
- Close the interview on a positive note

GROUP INTERVIEWS

- Remember - if you don't participate there is nothing to assess
- Approach each component as a separate activity
- Bring a watch for the timed activities

STAR Technique

- S - Situation
- T - Task
- A - Action
- R - Result

TOP TIP:

Practice responses with a friend/family member or record yourself practicing responses

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