Interviews: Body Language

Avoid letting poor body language affect the outcome of your interview.

Simply put:

How to be fluent in body language:

→ Don’t slouch – sit up and maintain good eye contact.
→ Avoid fidgeting and gesture only when necessary.
→ Be conscious of your facial expressions – smile often and sincerely.
→ Lean forward to show you’re listening attentively.
→ Be aware of the interviewer’s body language, as well as your own.
→ Have neat and easy access to papers.
→ Practice answering questions in front of a mirror or with a friend – they can help you figure out what you need to work on.

Perception is everything.

Giving the interviewer the wrong impression may set you apart from the competition, but not in the way you want. You may cross the line from appearing confident to arrogant, or nervous to incompetent. Sometimes it takes effort to look dignified and relaxed, so practice answering questions in front of a mirror or video yourself in a mock interview. You’ll be surprised by habits and tics you never knew you had, but then you can change them and be ready to show off fluent body language in any interview.

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