



Typical job interviews involve preparation on both the part of the interviewee and interviewer  
DTH/Larry Childress

# Interviews: tips for succeeding

By **ROBERT KEEFE**  
Staff Writer

It's terrifying to many people, but it is something every job seeker must eventually do.

To sit down before a complete stranger and answer his questions is something many college seniors and graduates dread because they know the answers may affect the rest of their life. A job interview may land a successful job in the first step of a life-long career, but at the time the stress is almost unbearable.

"Students will experience various aspects of anxiety," said Dr. John Reinhold, a clinical social worker with the Student Mental Health Service, "not only from the interview, but from recently leaving college, friends, and so forth."

Pat Carpenter, of the Master of Business Administration program, said probably the most important part of preparing for an interview is to develop self-confidence when going for a job interview.

"I think that most of us are brought up learning to be modest," she said.

"There are different ways of doing this though; you have to find a pleasant way to show the accomplishments of your life."

Carpenter gave several tips on how to relieve some of the tensions experienced during an interview.

"First of all, know a great deal about yourself, your interests, and what you're looking for in a job," Carpenter said. "Know all of the job aspects, and know how your skills can help in those aspects."

Reinhold said an interview should not be completely one-sided, but instead the questioning should go both ways.

"Instead of feeling like the interviewer is just checking you," he said, "you should try to check him as well; you must have some questions too."

Carpenter said the best technique is to be assertive in the interview and sell yourself.

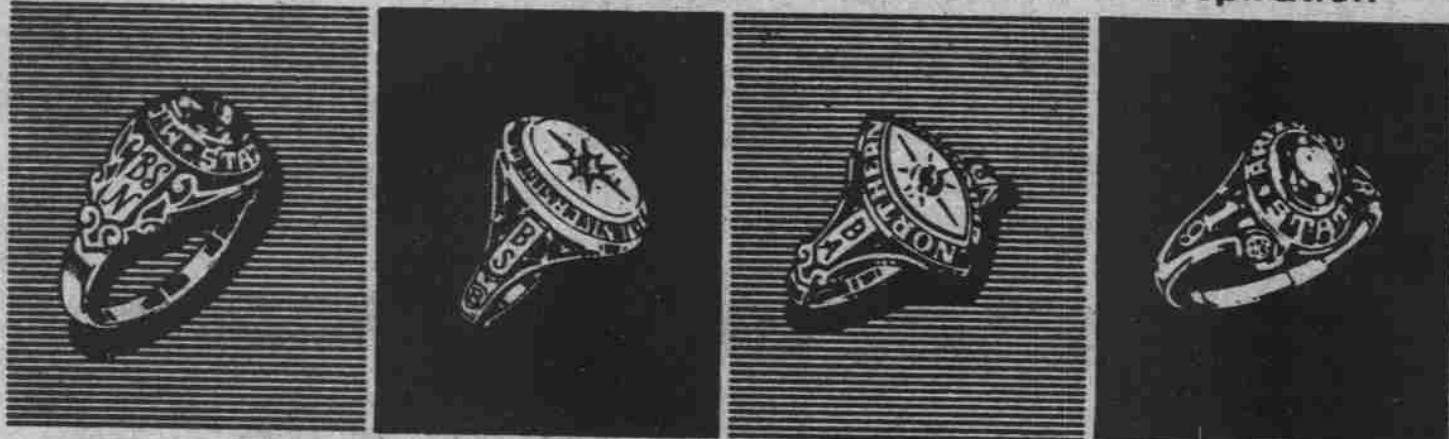
"You have to ask yourself what are you going to be able to do for

this company, and then you have to show that to the interviewer," Carpenter said.

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