



Quick Tips: First Impressions

BASIC TIPS:

- First impressions are critical. You have about 30 seconds to make a positive, lasting impression.
- Always show up on time for interviews, be sure to have a firm handshake, and make good eye contact with your interviewer to show your confident and engaged in the conversation.
- Your clothing is part of your first impression. Dress professionally for your interview, be well groomed, and make sure your attire is appropriate for the type of position you're applying for. If you have any questions about interview attire, contact human resources for the organization to inquire in advance of your interview.
- When meeting someone for the first time, be positive and talk about something unique to you. That way when your interviewer recalls your meeting, they'll recall you made a positive, memorable connection.

