# Top tips for interviews

## Presentation and professional conduct

* Dress to impress! Its always better to over dress than under dress. Consider business attire.
* Ensure you sit up straight, make good eye contact, smile appropriately, and shake you interviewers’ hands when you first meet them.
* Avoid crossing your arms and try not to fidget.
* Try to avoid interrupting anyone.
* Try not to say anything negative about your previous employer.

## Research

* Ensure you read through the orgainisation’s website beforehand, and you understand their missions and values.
* Research current affairs connected to the orgainisation or the industry.
* Have a thorough understanding of the position and what is expected in the role.

## STAR technique

STAR stands for Situation, Task, Action, Result. Use this technique when answering questions.

* Situation – Briefly describe where you were and what you were doing.
* Task – Briefy describe what you were required to do.
* Action – Describe each step you took to complete the task.
* Result – Describe the outcome, and any positive feedback or learnings you took from the experience.

## Sell yourself

* Explain why you would be an asset to the team, align your skills and interests and values to the position.
* Prepare a 60-second pitch that highlights your key skills and strengths, and why you would be great for the role.

## Be yourself

* Try to ensure your personality shines through during the interview. Let go of what could potentially go wrong and, instead, focus on what could go right.
* You can't plan for everything, so trust that you’ll do great on your interview, and you’ll be able to handle whatever unexpected challenge comes your way.