

What is an Interview and Why is it Even Important?

Key Wording:

Interviewer: Someone who interviews others to assess their strengths.

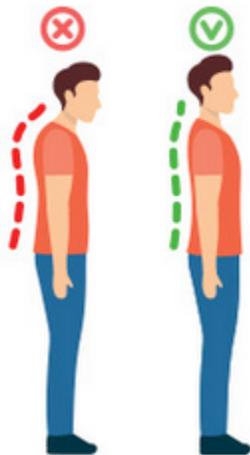
Interviewee: The person being asked by an interviewer, often hoping to successfully secure a job.

Resume: A concise document detailing someone's education, professional experience, and accomplishments (Often reviewed before the interview).

Cover Letter: A brief letter that explains why the interviewee wants the position and why they are a good fit.

Body Language: A form of non-verbal communication that reveals the level of engagement:

- Eye Contact: Holding eye-to-eye contact, conveying confidence, trust, and active listening.
- Posture: Representing neutral alignment, representing comfort, while embodying a form of focus and confidence, while promoting professionalism (as seen in the figure below):



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- Potential Hand Gestures:
 - Generally Open Palms (signal honesty)
 - The Steeple



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- (↑↑ The formation seen above subtly represents an idea of confidence and expertise).

Professionalism: The competence and skill expected as a formality when in a professional setting.

Interview: An interview is known to be a structured, formal conversation where an interviewer asks various questions to an interviewee in hopes of:

- gathering general information about the interviewee's motives or history
- assessing their qualifications (such as specific requirements, education, or experience in the particular field)
- Overall, evaluating their suitability for a role, program, or research

Further Guides/Tutorials on successful interviews:

3 Tips: <https://www.youtube.com/watch?v=ZdjJdoEwCY4>

Appear Personal/Approachable: <https://www.youtube.com/watch?v=0siE31sqz0Q>

How to Ace an Interview: <https://www.youtube.com/watch?v=fYHR0KgnGHU>

NOTES – is there a difference in person or virtual, as some interviews are now done over Zoom? Differences for education vs. job interviews?