



## Key Points - Rehearse Responses

When rehearsing your responses, practice **WHAT** to say and **HOW** to say it. When practicing, role-play with a trusted friend, family member, counselor, or teacher who can give you helpful feedback.

### 1. **Practicing WHAT to say:**

The more questions you rehearse, the better. It is impossible to predict what you will be asked. However, you should at least rehearse answers to the following questions:

1. *"Tell me a little about yourself."*
2. *"Tell me about your previous work experience."*
3. *"Why are you interested in this position?"*
4. *"Why did you leave your previous job?"*
5. *"What are your strengths and weaknesses?"*
6. *"Some people are not so easy to get along with. Tell me about a time where you had to work with someone in school or on the job who you did not particularly like."*
7. *"What is the best part of working or playing on a team? What is the worst part?"*

Remember, you are trying to get the job, so be honest and present yourself positively and favorably. You are trying to show them why they should hire you and why you would be a good employee.

### 2. **Practicing HOW to say it:**

1. *Most of your answers should be at least 5 sentences long.*
2. *As you answer a question, practice pausing for a few seconds after a few sentences.*
3. *Practice making occasional eye contact for at least 5 seconds.*
4. *Practice smiling occasionally as you rehearse responses.*
5. *Practice sitting up straight and facing the interviewer.*
6. *Practice sitting still in your chair rather than fidgeting.*
7. *Practice speaking with an upbeat tone of voice.*