



# Body Language at the Interview

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*Rehearse your interview techniques and ask your partner/coach to check off the following items:*

## *Body Language Do's at the Interview*

- Do make eye contact with your interviewer(s)
- Do smile and appear confident
- Do shake hands firmly, but not aggressively, pump hand twice
- Do sit up straight
- Do place your hands comfortably in your lap
- Do breath and speak calmly and evenly

## *Body Language Don'ts at the Interview*

- Don't fumble or fiddle with your hands or other items
- Don't slouch in your chair
- Don't chew gum
- Don't cross your arms
- Don't look away from your interviewer(s) when speaking
- Don't invade the personal space of your interviewer(s) with gestures
- Don't move around more than you need to
- Don't speak too quickly