

Practice Makes Perfect: How to Rehearse for Your Next Job Interview

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There are a lot of steps that usually happen before you get to the interview portion of your job search: resume, networking, references. Most folks are able to put a lot of effort into getting the interview, but many fall apart during the actual [interview](#). Why? Poor planning and a lack of practice.

Instead of winging it, or relying solely on your professional skill set, you should stage a rehearsal for your next job interview.

Not sure how to go about it? Start by enlisting a family member, friend, or partner to play the role of interviewer, and ask that she stay in character from start to finish. Set up a space, such as a desk or table, where you can create a suitable setting. Then use these 10 tips to from corporate trainer Marlene Caroselli to make your interviews -- both mock and real -- successful.

- 1. Do your homework.** "Learn all you can about the organization in advance," advises Caroselli. Share this information with your mock interviewer, perhaps in the form of crib notes. She can use this to grill you.
- 2. Tune in.** "Watch people being interviewed on television and make note of what works," she advises. Look for traits that make people likable and competent.
- 3. State the unobvious.** "Create one really intriguing statement about yourself. For example, a woman I know, expecting to be told, 'Tell us a bit about yourself (THE most popular interview question),' replied, 'I think I should tell you I'm a non-conforming conformist.' She explained what she meant and wound up getting the job!"
- 4. Think outside the box.** A little visualization can go a long way, according to Caroselli, author of "Principled Persuasion." "Think about a visual that really represents what you can do. It can be a photo taken at an event you organized, for example. If you have nothing that symbolizes your capabilities, then look for a pattern not readily apparent in your [resume](#) and be prepared to talk about that particular interest or talent, apart from your official work history."
- 5. Know your lines.** Actors do it, and you should, too. "Memorize a few short quotes and have them ready. They'll help you respond articulately to virtually any question."
- 6. Sum it up.** The very first request an interviewer may make is, "Tell me a little about yourself." In order to answer quickly and succinctly, she urges interviewees, "Have an elevator speech ready in case they want a brief overview of your career."
- 7. Be tough on yourself.** Research tricky interview questions and provide them to your helper. Also, point out gaps in your skills or holes in your resume and instruct her to grill you on those points. "By comparison, your own, actual interview will seem like a walk in the park, and that prospect will encourage you," reveals Caroselli.

8. Capture it on camera. "If possible, have someone video you doing an interview-rehearsal. Then study your body language to see if it reveals confidence, poise, and enthusiasm," she counsels.

9. Listen up. Close your eyes and listen back to the recording of your replies to interview questions. "Play the tape back and analyze your responses. Ask yourself, 'Would you hire you?'"

10. Stay calm. Work on being relaxed before your big meeting. Caroselli advises candidates, "When you get to the interview site and are waiting to be called in to the [interview](#) room, work on a brainteaser. Research shows it calms the nerves and takes your mind off the challenge ahead."