



Interviewing for Introverts

Careers.ucr.edu
(951)827-3631

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Internal Title Slide Layout with White Background

Agenda

Definition

Are you an introvert?

Types of interviews

Common interview challenges

Preparing for the interview

After the interview



What You'll Learn Today

At the end of this workshop, you will be able to...



Identify the strengths of being an introvert

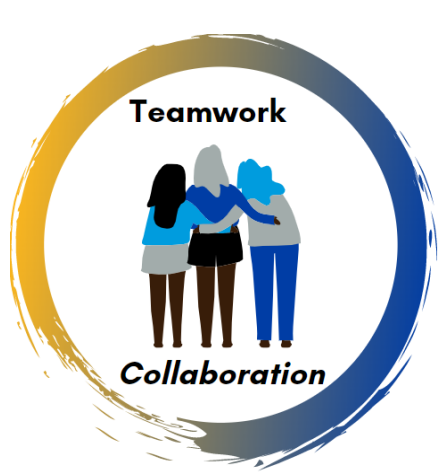


Describe challenges of interviews and how to overcome them

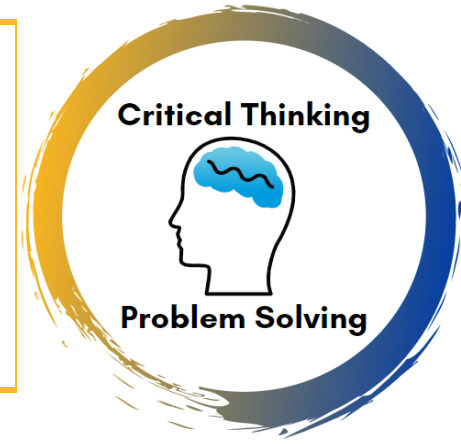


Understand how to prepare for each phase of the interview





NACE CAREER READINESS COMPETENCIES



Obtaining requisite competencies that broadly prepare college graduates for a successful transition into the workplace.



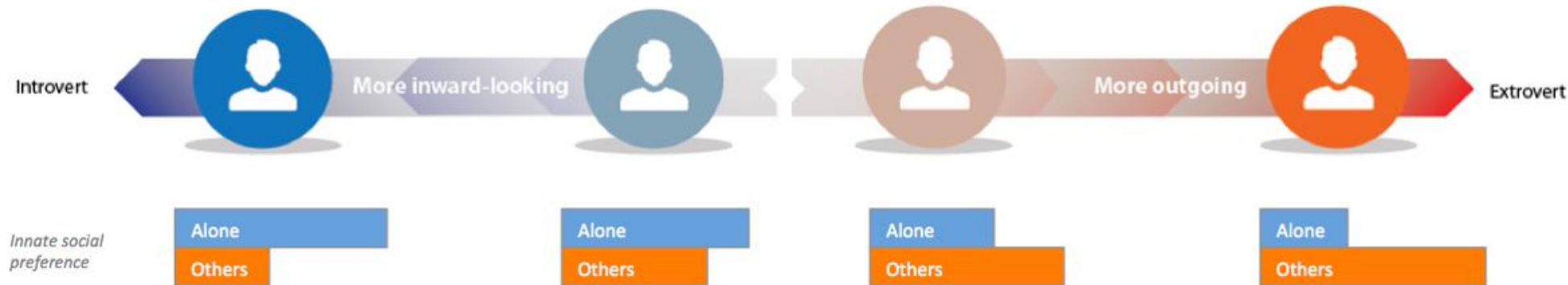


What is an introvert?

What is an introvert?

- Introversion ≠ Shyness

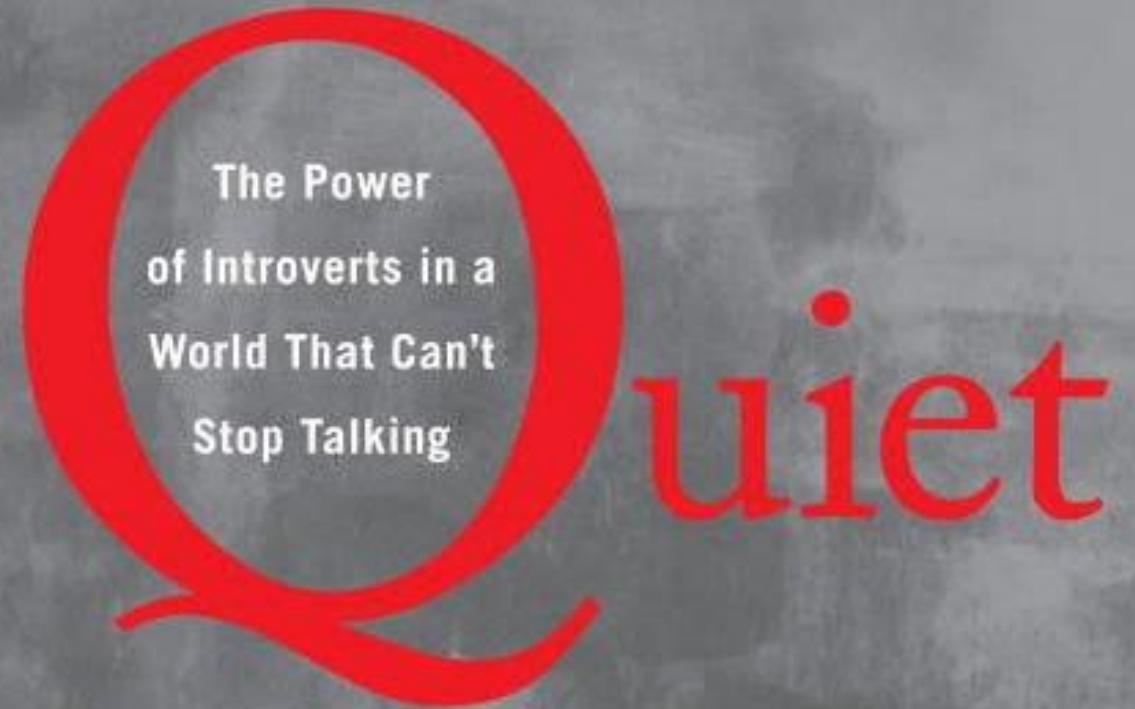
- **Introversion:** preference for environments that are not overly stimulating
- **Shyness:** fear of social disapproval or humiliation



What is an introvert?

Are you introverted?

- I prefer to relax alone or with a few close friends
- I don't like feeling rushed
- I consider only deep relationships as friends
- My mind goes blank in groups or under pressure
- I need rest after outside activities, even ones I enjoy
- I tend to think before I speak or act
- I appear calm, self-contained, and like to observe
- I often listen but talk a lot about topics of importance to me



SUSAN CAIN

The strengths of being an introvert

Let's chat!

What year are you in school?

What is your major? How did you choose it?

Based on what you know so far, what are some strengths of being an introvert?





Types of Interviews

Types of interviews

Phone/Virtual

Clarify the Details

Find a Quiet Space

Do Your Research

Focus on Verbal Communication





Prepare for Standard Interview Questions

Connect With All Interviewers

Prepare Follow Up Questions


Types of interviews
Traditional/Panel



Types of interviews

Meal

Follow the Interviewer's Lead

Maintain Conversation

Follow Etiquette Rules

Less Formal Environment

Types of interviews

Group

Focus on Interactivity & Inclusivity

Speak with Purpose

Listening is Key





Common Interview Challenges

Common interview challenges

Getting anxious

Prepare for the most common interview questions

There is no “right” answer

Think of the interview as a conversation

Relax – you’ve made it this far!



Common interview challenges

Feeling like you're bragging



Be as objective as possible

Talk about the most exciting aspects of your experience

Bring samples to show your work

Common interview challenges

Thinking on your feet



Internal processors work out the details before they speak

External processors talk through their thinking

Do your research – preparation is key

Pause, reflect, then answer the question

Bring a notepad with key phrases and questions

Common interview challenges

Making a good first impression

Know where you are going

Prepare a few topics of small-talk

Practice positive self-talk

Be aware of your body language

Give yourself as many advantages as possible





Preparing for the Interview

Preparing for the interview

Play to your strengths



Research

Become an expert on the organization, your interviewer, and yourself



Tell me
about
yourself.

Prepare

Know the most common interview questions, and have answers ready



STANDOUT®

Practice

Make an appointment with your Career Specialist, practice with family/friends, or use StandOut

Preparing for the interview

Behavior-Based questions

S	SITUATION	Detail in the background. Provide a context. Where? When?
T	TASK	Describe the challenge and expectations. What needed to be done? Why?
A	ACTION	Specify the action taken. What did you do? How? What tools did you use?
R	RESULTS	Explain and quantify the results: accomplishments, recognition, savings, etc.

Tell me about a time when you...

- have worked on a team
- took the lead on a difficult project
- had a conflict at work
- found a creative solution to a problem
- failed

What skills are employers looking for?

NACE Job Outlook 2020

1. Problem solving skills	6. Leadership
2. Ability to work in a team	7. Communication skills (verbal)
3. Strong work ethic	8. Initiative
4. Analytical/quantitative skills	9. Detail-oriented
5. Communication skills (written)	10. Technical skills



Putting it into Practice

Practice



We have two ears and one mouth so that we can listen twice as much as we speak.

(Epictetus)

izquotes.com



After the Interview



After the interview

Send a thank you note



Thank them for their time



**Reference what you
learned**



**Connect your skills to their
needs**



Follow up!

INTROVERTS



UNITE
SEPARATELY
IN YOUR OWN HOMES


Questions?

Location: We are located in the Career Center Plaza. Our entrance is the University Lecture Hall and the Surge Building, behind the UCR Campus Store.

Hours:

Mon. - Fri. 8 am to 5 pm
except Wed. 9 am to 5 pm

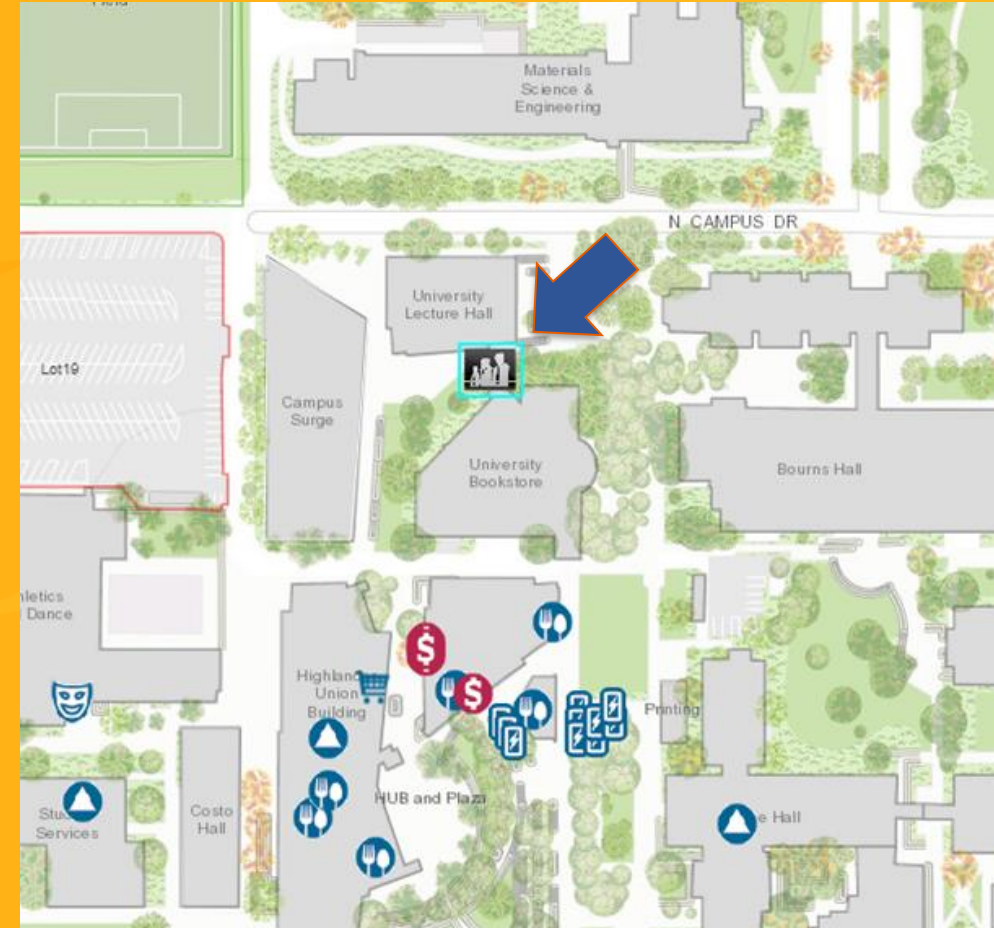
*Individual counseling appointments available
Schedule on Handshake*

Drop-In Hours:

Mon. - Thurs. 10 am-3pm
Fri. 10 am-12 pm



Career Center



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