Young adults need specific self-advocacy skills for successful job interviews. Here are a few examples:

- **Be prepared**: Complete an application and a resume. Have extra resume copies with you.

- **Be alert**: Greet interviewer, establish eye contact, and sit up straight.

- **Be an interested listener**: Show enthusiasm.

- **Express yourself clearly**: Avoid slang and negative comments.

- **Tell about yourself**: Describe your strengths, goals, and past experiences.

- **Ask questions**: Show interest and energy.

- **Describe what you have to offer** or the types of work you want to do.

- ** Demonstrate self-confidence and enthusiasm.**