

Self-Advocacy Skills for Job Interviews

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**.