

BODY TALK

Do you put a lot of thought into what you wear every day and your overall look? In interviews and on the job, body language can be just as important as your clothing and your words. Body language expert Linda Talley shares her top tips for making a great in-person impression.



1. Make eye contact. Eye contact shows respect to the person you are talking to. "On a job interview, the interviewer will watch for eye contact, and this could make or break the interview," Talley notes. She suggests holding eye contact for two to four seconds, and then you can look away. And smile—"a genuine smile," she adds. "This is the universal gesture of validation, and when sincere, it builds a lot of bridges toward achieving the results you want."



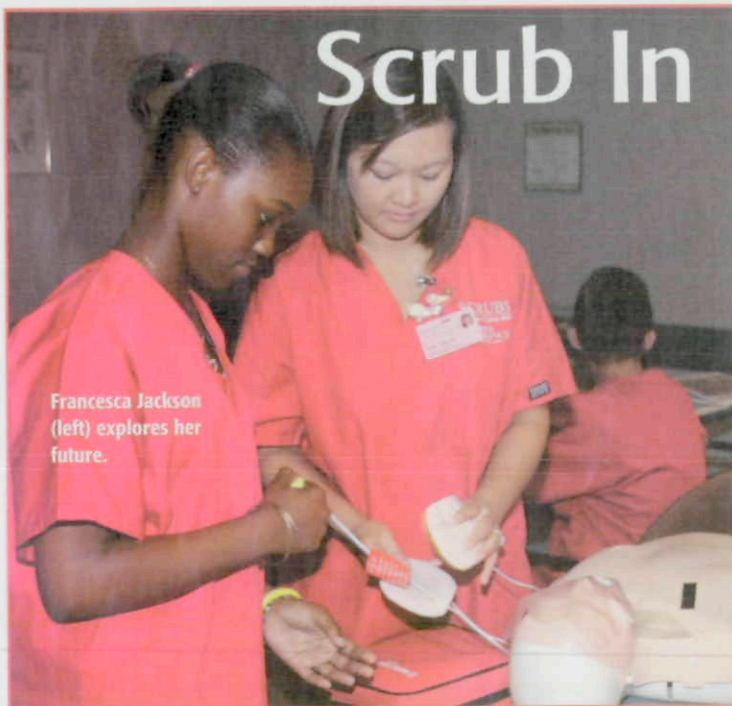
2. Have good posture with shoulders back. You will look confident, which in turn can make you feel more confident. "Interviewers are not looking for slouchers. They want enthusiastic employees," says Talley. "Sometimes you have to change your physiology before you can change your psychology."



3. Don't be weighed down. Keep your load light. If you're loaded down with a heavy backpack or briefcase, the other person's attention is pulled to your stuff. "When I meet a client for the first time, I carry a small briefcase with no purse or keys," Talley says. "I want the focus to be on the client and their needs. In an interviewing situation, it's all about the interview, and 'stuff' should not get in the way."



4. Offer a solid handshake. "Put your hand out to the interviewer. Don't wait for their hand. This shows a sign of confidence, intelligence, and willingness to build relationships," Talley explains. "Business is all about relationships."



Francesca Jackson (left) explores her future.

Scrub In

Francesca Jackson, 15, spent a week of her summer at the SCRUBS Health Career Exploration Camp at Bon Secours St. Francis Hospital in Charleston, S.C. Francesca wants to be an anesthesiologist—a doctor who helps patients sleep comfortably (and stay asleep!) during surgery. In the program, she took classes in CPR and first aid, shadowed professionals on the job, and spent a lot of time in the hospital's neonatology unit with newborn babies. "We got to put on gloves and touch a placenta," an organ that nourishes babies before they are born, Francesca says. "That was so cool." After the program ended, she continued to volunteer in the hospital, where she worked with anesthesiologists. Camps for health-care careers (as well as for exploration in other areas) take place all over the country. Visit your school's career guidance office for more information.

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