

# Interviewing for Introverts

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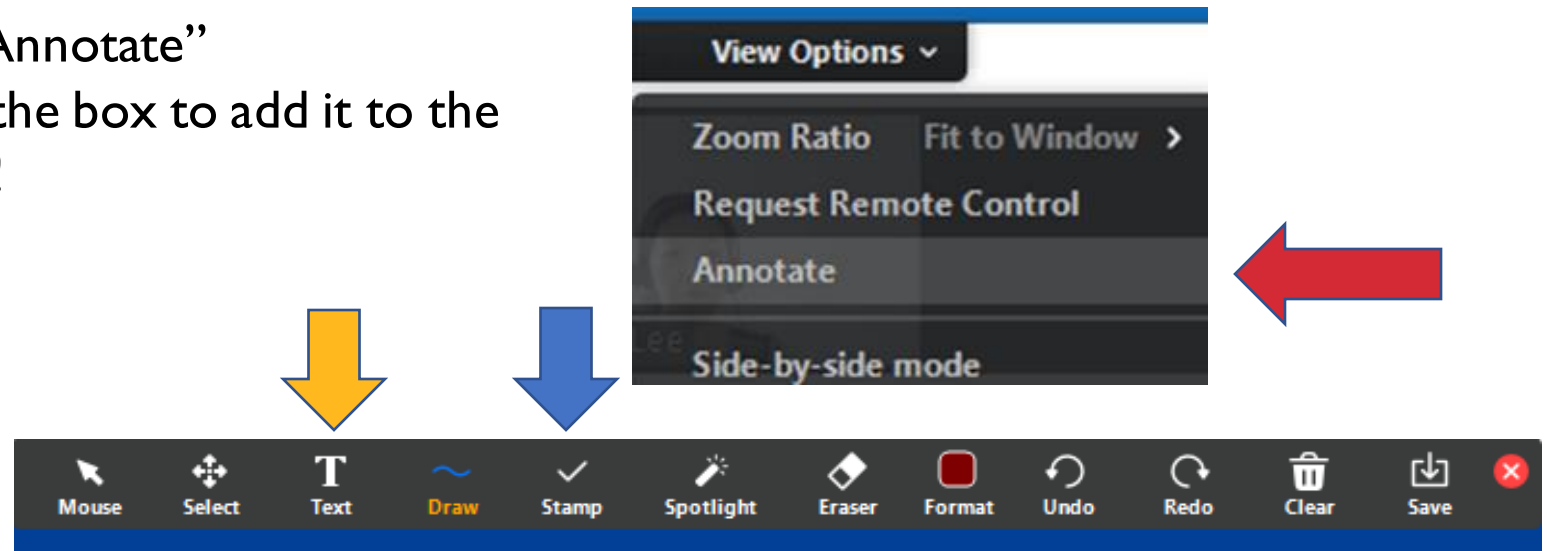
CONNECT. INSPIRE. EMPOWER.

# Agenda

- **Definition**
- **Are you an introvert?**
- **Types of interviews**
- **Common interview challenges**
- **Preparing for the interview**
- **After the interview**

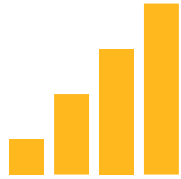
# Using the annotation feature for this meeting

- Under "View Options", click "Annotate"
- You can add text (click out of the box to add it to the screen), add stamps, and more!
- Test it out on this page



# What You'll Learn Today

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



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**Identify the strengths of being an introvert**



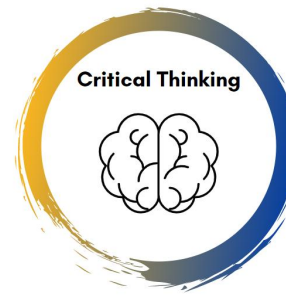
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**Describe challenges of interviews and how to overcome them**



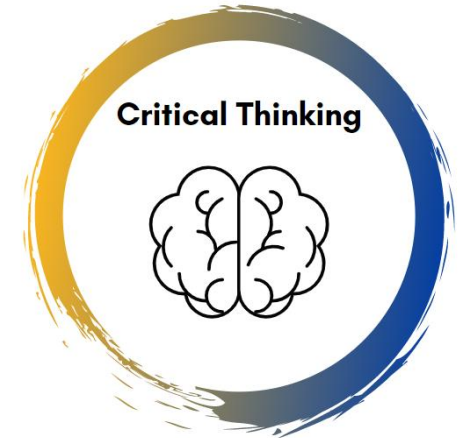
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**Understand how to prepare for each phase of the interview**





# **NACE CAREER READINESS COMPETENCIES**



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



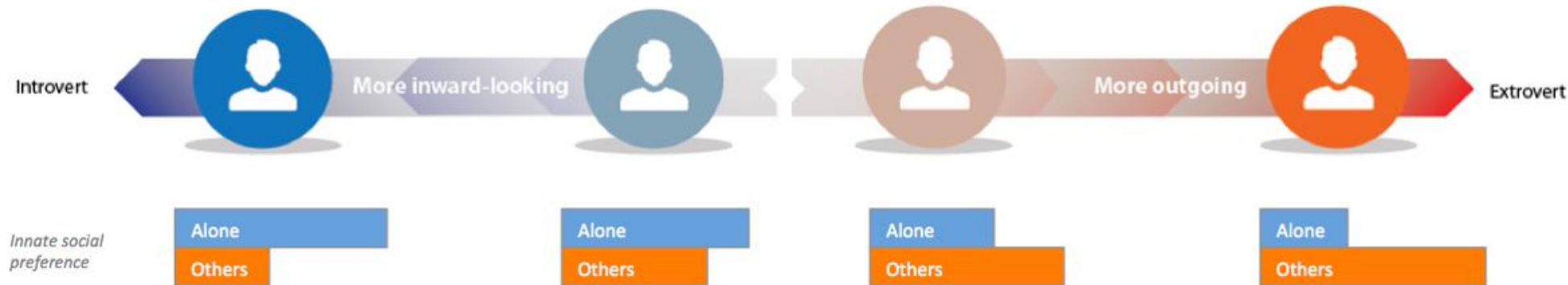


# What is an introvert?

# What is an introvert?

- Introversion ~~x~~ 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



# 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



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## Research

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



Tell me  
about  
yourself.

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## Prepare

Know the most common interview questions, and have answers ready



STANDOUT®

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## Practice

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

# Preparing for the interview

## Behavior-Based questions

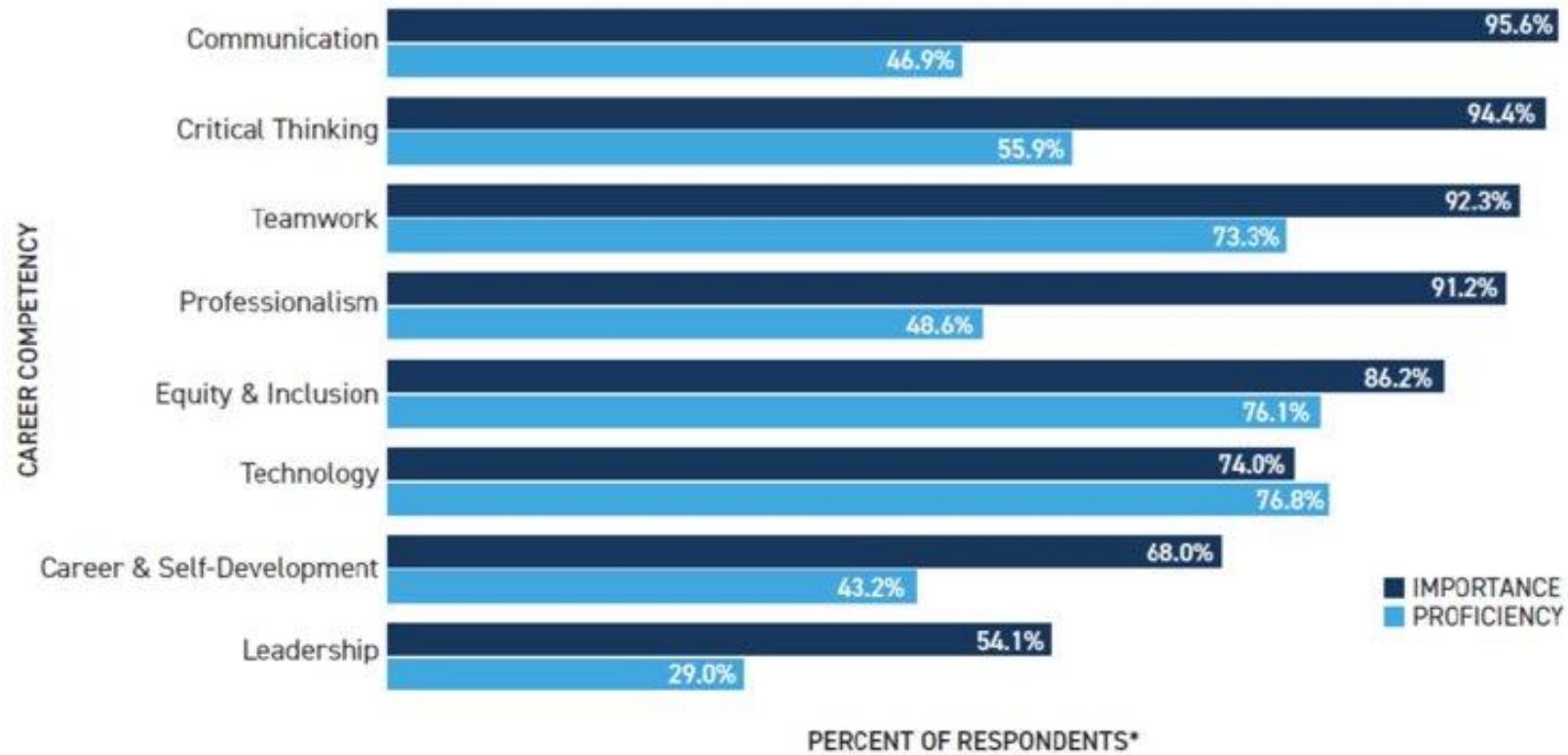
<b>S</b>	<b>SITUATION</b>	Detail in the background. Provide a context. Where? When?
<b>T</b>	<b>TASK</b>	Describe the challenge and expectations. What needed to be done? Why?
<b>A</b>	<b>ACTION</b>	Specify the action taken. What did you do? How? What tools did you use?
<b>R</b>	<b>RESULTS</b>	Explain 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?

## Career Competencies





# After the Interview





# After the interview

Send a thank you note



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**Thank them for their time**



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**Reference what you  
learned**



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**Connect your skills to their  
needs**



Follow up!

**INTROVERTS**



**UNITE  
SEPARATELY  
IN YOUR OWN HOMES**

  
**Questions?**

## location

ENTRANCE IS BETWEEN UNIVERSITY LECTURE HALL  
AND SKYE HALL, UNDERNEATH THE UCR BOOKSTORE

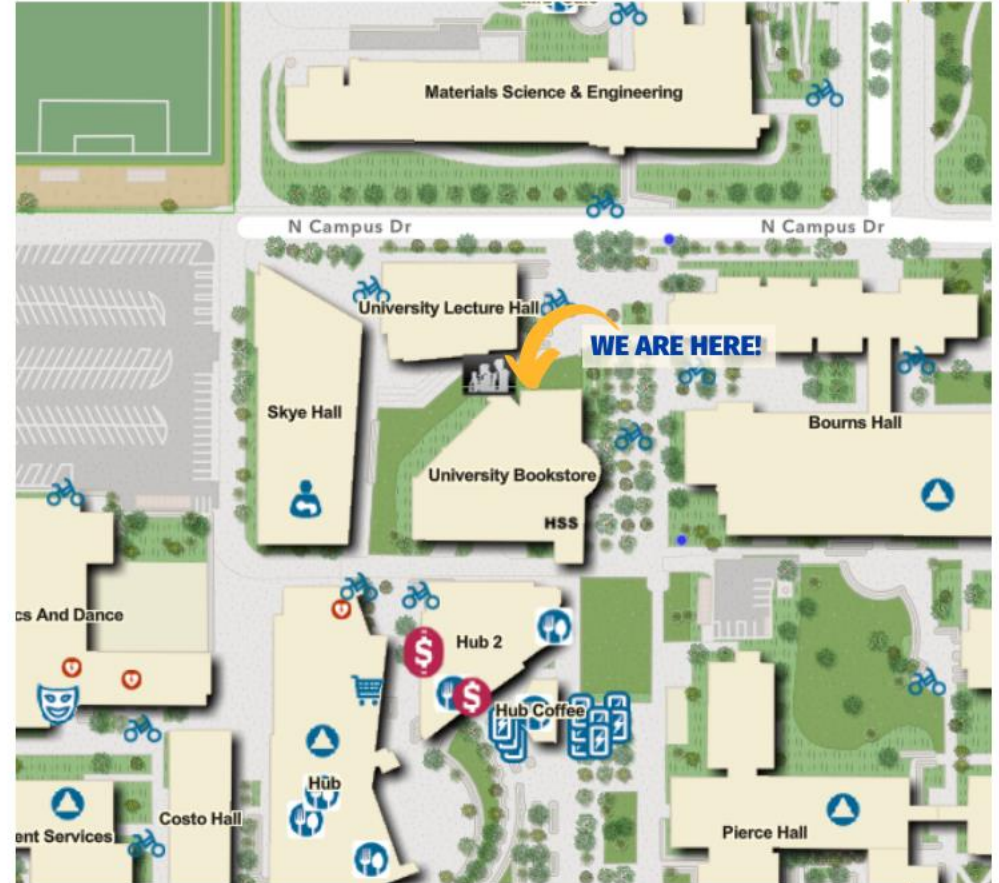
## hours

MONDAY - FRIDAY: 8 AM TO 5 PM  
EXCEPT WEDNESDAY: 9 AM TO 5 PM



## drop-in hours

SPECIFIC TIMES ARE LOCATED ON WEBSITE HOME PAGE  
(SCROLL DOWN TO SEE)



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