



Your First Interview

Summary: Teach your child about interviewing for a job and how they can prepare for their first job interview.

Age Group: For high school students

Materials: None

Instructions:

Discuss what a first interview may look like or what was their actual interview was like.

1. There are a few basics that every good interview should include – good eye contact, a professional handshake, some thoughtful answers to questions, and an interest in the position and organization.
2. Challenge your child to call or video-chat with 2 family members or family friends about their first interview, or their most memorable interview. What did they do to prepare? What would they have liked to do differently? What advice would they give your child about their first interview?
3. Other social skills may be learned by adding these steps to the activity. They can send a text or email to schedule their conversation. They might also send a thank-you note or thank-you text after the conversation.

Extension: If this activity sparked some conversations in your home, try to connect your child with other people to talk about their career paths or other work readiness skills.