SPRING 2020: Career Readiness Workshop Series

Interview Strategies & Big Interview
Interview Strategies & Big Interview

Interview with confidence. In this workshop you will learn how to:

- Practice the interview process using online technology
- Answer tough interview questions
- Demonstrate your knowledge and qualifications for the position you want

You can access the workshop materials here:
https://www.csusb.edu/career-center/students-alumni/attend-workshop/career-readiness-series
Interview with Confidence

Confidence...what does it mean to you?
What is Confidence?

3 Tips to Boost Your Confidence
How Self-Confident Are You?

- Whether someone demonstrates self-confidence by being decisive, trying new things, or staying in control when things get difficult, a person with high self-confidence seems to live life with passion and enthusiasm.

- Other people tend to trust and respect these confident individuals, which helps them build even more self-confidence – and so the cycle continues.

- However, it’s not always easy to initiate that cycle. So, where do you begin?
How Self-Confident Are You?

- A good place to start is to look at how effective you believe you are in handling and performing specific tasks. This is termed "self-efficacy," and it plays an important part in determining your general levels of self-confidence.

- **Self-efficacy** reflects confidence in the ability to exert control over one's own motivation, behavior, and social environment.
Confidence Self-Assessment

How Self-Confident Are You?

Instructions
For each statement, mark the circle in the column that best describes you. Please answer questions as you actually are (rather than how you think you should be), and don’t worry if some questions seem to score in the ‘wrong direction’. When you are finished, calculate your results to get your overall score by adding up your responses.

1. I do what I think is expected of me, rather than what I believe to be "right."
2. I handle new situations with relative comfort and ease.
3. I feel positive and energized about life.
4. If something looks difficult, I avoid doing it.
5. I keep trying, even after others have given up.
6. If I work hard to solve a problem, I’ll find the answer.
7. I achieve the goals I set for myself.
8. When I face difficulty, I feel hopeless and negative.
9. I relate to people who work very hard, and still don't accomplish their goals.
Confidence Self-Assessment Debrief

After taking the Self-Assessment check out these Considerations about Building Self-Confidence!

- No matter what your self-confidence level is right now, you can probably improve it. But you need to believe in yourself and your capabilities before anyone else will.

- Bandura's theory of self-efficacy is a great place to start looking for ways to improve the way you see your abilities. According to the theory, there are four sources of self-efficacy:
  - Mastery experiences – things you have succeeded at in the past.
  - Vicarious experiences – seeing people who are similar to you succeed.
  - Social persuasion – hearing from others that you're capable.
  - Emotional status – staying positive and managing stress.
Confidence Self-Assessment Debrief

Key Points about Building Self-Confidence!

- Focus on the experiences in your life where you were successful. This can give you the ability to see the positive side of your mistakes and setbacks.

- Choose to believe in yourself, and surround yourself with other positive and confident people.

- The more you see the success of others, whose skills and abilities are similar to yours, the more likely you are to believe that you can also achieve that success.

- Combine all of this positive energy with great stress management strategies, and you’ll soon improve your levels of personal confidence.
Practice!

Mock Interview

biginterview

Practice Your Interview

CSUSB  WE DEFINE THE Future
How to Access Interview Practice Platform -

https://www.csusb.edu/career-center
What is **biginterview**?

Big Interview - Simple Software for Better Interview Skills

[https://www.csusb.edu/career-center/students-alumni/career-resources/interview-skills](https://www.csusb.edu/career-center/students-alumni/career-resources/interview-skills)
How to register for biginterview?

https://csusbcc.biginterview.com/register
How to login for biginterview? 

https://csusbcc.biginterview.com/login
Learning/Practice Tools in biginterview

Welcome back, Denise. Continue learning!

Start Here

Fast Track
16 VIDEO LESSONS
Continue

Mastery Track
50 VIDEO LESSONS
Start now

CSUSB WE DEFINE THE Future
Learning/Practice Tools in biginterview

- **Written Curriculum**: 9 Written Modules
- **Negotiation Curriculum**: 11 Video Lessons
- **First 90 Days Curriculum**: 21 Video Lessons

We're here to help!
Our Help Center is full of valuable insights. Check some of our articles.

**Helpful Get Started Videos**
Watch now

**System Requirements**
Read article

**PRACTICE Section - Mock Interviews**
Read article

**LEARN Section - Interview Training**
Read article

CSUSB WE DEFINE THE Future
Interview Questions

Common “Tough” Questions

- Tell me about yourself. What should I know about you?
- Why are you interested in this position?
- What do you know about our organization?
- Why do you want to work here?
- What are your weaknesses?
- How do you handle change?
- Do you have any questions for me?
Interview Questions

Common “Tough” Questions: Example on How to Answer?

Tell Me About Yourself.
Interview Preparation Guide

Interviews are beneficial to both applicants and employers as this is the time where you both have the opportunity to exchange information for a potential professional relationship. At the interview, you should highlight reasons why you would be the best fit for the position by relating your personal strengths and past accomplishments to the job.

It should be your main objective to prove that you can help the company accomplish their goals and be a valuable asset to the organization. How well you interview will determine whether or not you get the job, this is why it is important to prepare and practice.

https://www.csusb.edu/sites/default/files/Interview%20Guide_CSUSB-CC.pdf
Career Counseling
Appointments
(ONLINE via Zoom + Phone)
30 mins.

Counselors help with:

- Major & career exploration
- Career & educational planning
- Resumes, cover letters, & CV’s
- Job & internship search
- Networking
- Graduate school preparation
- LinkedIn profile building
- Interview skills & practice
- Salary negotiation

www.csusb.edu/career-center/students-alumni/meet-career-counselor
Drop-in Services  
(ONLINE via Zoom)  
15 Mins.

Peer Career Educators help with:
< Resume and cover letter reviews  
< Questions about Handshake and Career Center services

Career Counselors help with:
< All Career related topics except for resume & cover letter reviews

Learn more here:  
https://www.csusb.edu/career-center/students-alumni/drop-services

SPRING 2020 SCHEDULE
MONDAY & WEDNESDAY 11AM-1PM
TUESDAY & THURSDAY 2PM-4PM

ZOOM LINK  
csusb.zoom.us/s/99046443979
Meeting ID  
990-464-43979
Resume/Cover Letter Reviews Only
(ONLINE via Email)

Resume/Cover Letter reviews are available electronically.

Send your documents in a MS Word file to careercenter@csusb.edu

You will receive your reviewed document(s) back via email 2-3 days after submission.

Learn more here:
https://www.csusb.edu/career-center/students-alumni/drop-services
Free Professional Clothing -
CLOSED UNTIL FURTHER NOTICE

How it works:

- All attire is Free to students and alumni
- Stop by Mon. - Fri. from 8am - 5pm
- Sign in with your student ID# at the front desk
- After you find what you need, bring items to the front desk for checkout
- Inventory arrives on a regular basis
- Consider building your professional wardrobe before it is needed
Spring 2020 Events

SPRING 2020
CAREER READINESS WORKSHOPS

Location: Meeting Center Panorama Room
Time: Tuesdays, 12pm - 1pm

Join Online
csusb.zoom.us/j/9095375250 Meeting ID: 9095375250

**TUESDAY 04/07**
CAREER & MAJOR EXPLORATION

**TUESDAY 04/14**
RESUME, COVER LETTER, & MORE

**TUESDAY 04/21**
EXPLORE INTERNSHIPS

**TUESDAY 04/28**
INTERVIEW STRATEGIES & BIG INTERVIEW

**TUESDAY 05/05**
SOCIAL MEDIA DO’S & DON’TS + NETWORKING

**TUESDAY 05/12**
PROFESSIONAL CONFERENCE & CAREER FAIR PREPARATION

**TUESDAY 05/19**
WHAT’S NEXT AFTER GRADUATION?

**TUESDAY 05/26**
CAREER MANAGEMENT
Survey - Feedback

If you would like to provide feedback on the workshop please complete the brief online survey

Online Link


Your feedback is greatly appreciated!
Thank you!