



# Useful Resources

## to Prepare for Your Health Program Interview

### Answering Questions

- Familiarize yourself with categories of questions they might ask
- Look back to the personal characteristics for this occupation (explore on OCCinfo: <https://alis.alberta.ca/occinfo/>) and prepare examples of situations you have demonstrated those skills
- To keep the integrity and fairness of the interview, we cannot provide you with a list of questions. However, you can find many similar questions on the internet: Google “**Multi Mini Interview questions**”
- Try using the STARS strategy <https://alis.alberta.ca/look-for-work/interviews-and-offers/use-the-stars-method-to-shine-in-an-interview/> when you are using an example from your experience to illustrate your answer.
- Practice in front of family, friends or someone you meet at this workshop
- Record yourself, knowing that you are being recorded may add extra pressure
- Watch it with no sound to notice the non-verbal communication

### Practice! Give and Receive Feedback

- Use the criteria below when practicing

<b>Posture</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Head, shoulders and back erect</li><li><input type="checkbox"/> Used gestures to add emphasis, not too wild</li><li><input type="checkbox"/> Lean forward slightly with interest</li><li><input type="checkbox"/> Arms on table or arm rest of chair (not crossed over chest)</li><li><input type="checkbox"/> No fidgeting</li></ul>	<b>Facial Expression</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Appeared interested and engaged</li><li><input type="checkbox"/> Smiled genuinely</li><li><input type="checkbox"/> Eye contact with friendly confidence</li><li><input type="checkbox"/> Referred to notes without “reading”</li></ul>
<b>Content</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Fully answered the question that was asked</li><li><input type="checkbox"/> Demonstrated knowledge of the occupation</li><li><input type="checkbox"/> Highlighted the skills that make you a good candidate</li><li><input type="checkbox"/> Used STARS technique to provide an example from your experience</li></ul>	<b>Voice</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Tone changes (not monotone)</li><li><input type="checkbox"/> Appropriate pauses to think</li><li><input type="checkbox"/> Avoid overuse of vocalized pauses: “like,” “you know”</li><li><input type="checkbox"/> Appropriate pace (easy conversation; not rushed)</li><li><input type="checkbox"/> Clearly articulated what was said</li></ul>

### Technology and Room Setup

- How not to look Ugly on a Webcam: practical tips for setting up your web camera  
<https://mixergy.com/infographic-webcam-settings/>
- See reverse for details





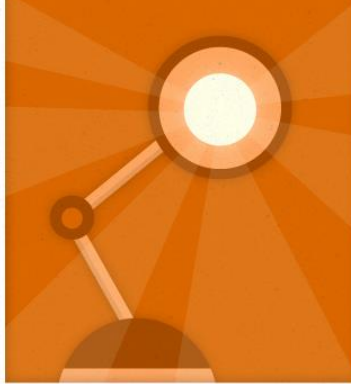
**Don't have any light behind you (even if it's from a window).**

When light hits a webcam, it compensates by going dark, which makes you look like a faceless shadow.



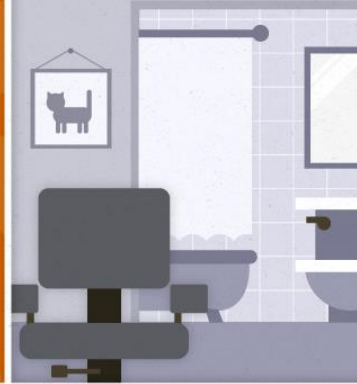
**Have light facing you.**

That's how they make people look good on TV.



**Mind your background.**

No bathroom or anything funky behind you.



**Use an ethernet cable to connect to the internet & turn wifi off.**

Wifi is convenient, but it has latency issues, which makes you look like you're constantly 2 seconds behind the conversation.



**Find a quiet place to record.**

If people have to strain to hear, they'll feel annoyed.



**Restart your computer. Even if it's a Mac.**

It's the best way to ensure random background programs aren't taking resources away.



**Turn off any programs you don't need.**

Even web browsers can be resource hogs.



**Pause (or shut off) programs that upload or download files in the background.**

Look for the programs you don't think about, like DropBox or cloud backup software.



**Ask people who are sharing your internet network not to upload or download large files.**

It'll slow down your connection and make it hard to see and hear you.



**Position yourself so you're in the center of the webcam.**

If you slouch, you'll look like a little head in the lower corner of people's computer screens, which will make you seem weak and uncaring.

