

How to Make a Positive First Impression

Summary: An interview or networking event is the first opportunity you have to make a first impression, both physically and verbally.



You only have one chance to make a first impression and that first impression is a lasting one. There are many things that hiring managers notice before they even sit down and ask you questions like **your arrival time**, appearance, and confidence. This first impression is also important when networking. A bad impression will ruin your chances of success of **getting the job** or **finding others that will help you network**.

Wear an outfit that is professional and appropriate. Your clothing is not the only thing that matters. Your grooming and posture say a great deal about your character. Stand up straight and comb your hair if you want to be taken seriously for the position.

Eye contact is important but don't stare the interviewer. You can make real connections through your eyes, but too much eye contact is viewed as aggressive and will make them uncomfortable. Make contact during the first introduction and then alternate between making eye contact and looking elsewhere, like down at your resume during the rest of the interview.

Have a sincere smile to show your genuine demeanor. People can see right through a forced or fake smile. You should be grateful for the opportunity to meet new people and discuss your



qualifications.

Practice giving a firm handshake with family or friends before going to interviews. A proper handshake is with one hand firmly grasping their hand. Do not crush their hand. During the handshake, you need to make eye contact and smile. Give a simple greeting like "It is nice to meet you".

Say their name when you can. Being able to repeat their name shows you were paying attention. Plus, the more you say it, the more you will remember it.

Being able to listen to others will show that you have great respect for them and can make them feel that they matter. To show that you are listening, make eye contact and smile or nod at appropriate times.

See the following articles for more information about interviewing:

- [21 Major Job Interview Mistakes to Avoid at All Costs](#)
- [The Best Way to Prepare for a Job Search and Interviews](#)
- [How to Talk About Other Interviews in Your Interviews](#)
- [Employers Want to Hire You](#)
- [How to Answer the "Tell Me about Yourself" Interview Question](#)

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