

CAREER INSIDER

ISSUE 7

MARCH 2026

Jolee's Journal

Professional Headshot Day DSU Room 2025
April 22nd, 2026 8:00AM - 1:30PM



Interview Confidence:

Interviews can feel intimidating, but confidence is a skill that can be developed with preparation and practice. Confidence doesn't mean having all the answers, it means trusting your experiences, communicating clearly, and showing employers that you're willing to learn. Taking time to prepare your talking points, review your resume, and practice responses can help reduce nerves and allow your strengths to shine.

Building confidence also comes from self-awareness. Reflecting on your skills, accomplishments, and goals allows you to speak about yourself more comfortably and authentically. Remember, interviews are conversations, not interrogations, and employers want to get to know the person behind the resume.

[EXPLORE ALL OF OUR PREVIOUS NEWSLETTERS.](#)

[EXPLORE OUR SOFT SKILLS CAREER GUIDE](#)

Steppingblocks:

Looking for real data to guide your career decisions? Steppingblocks is a powerful online career exploration tool that uses workforce data to show you real career pathways, job trends, and skills associated with different majors and industries. Instead of guessing what you can do with your degree, you can explore actual career outcomes based on data from millions of professionals.

With Steppingblocks, you can:

- Discover common career paths connected to your major
- Explore in-demand skills employers are seeking
- Research potential salary ranges
- Identify companies hiring in your field
- See how alumni and professionals built their careers

Whether you're exploring options, preparing for an internship search, or planning for life after graduation, Steppingblocks can help you make informed decisions with confidence.



[Access Steppingblocks through your student career resources and start exploring today!](#)

Steppingblocks

WAYNE'S WISDOM

Interviews are opportunities to tell your story. Employers aren't expecting perfection, they're looking for authenticity, growth, and a willingness to learn.

HOLLY'S HINTS

Confidence comes from preparation. When students take time to reflect on their experiences and practice talking about them, they often realize they have more to offer than they think.

270-745-3095



WWW.WKU.EDU/CAREER



CAREERHELP@WKU.EDU

Common Interview Questions

While every interview is different, many employers ask similar questions to learn more about your skills, experiences, and motivation. Common questions might include “Tell me about yourself,” “What are your strengths?” or “Describe a challenge you’ve faced.” Preparing responses ahead of time helps you stay organized and confident when these questions arise.

Using specific examples and reflecting on what you learned from each experience can strengthen your answers. Practicing aloud, whether on your own or with a Career Coach, can help you feel more comfortable and prepared, allowing you to focus on connecting with the interviewer rather than searching for the right words.



Sample Questions

- **“Tell me about yourself.”**

Focus on your education, experiences, and interests as they relate to the role. Keep it professional and concise.

- **“Why are you interested in this position or organization?”**

Show that you’ve done your research and explain how your goals align with the role or company.

- **“What are your strengths?”**

Choose strengths that are relevant to the position and support them with brief examples.

- **“Can you describe a challenge you’ve faced and how you handled it?”**

Employers want to see problem-solving, resilience, and what you learned from the experience.

- **“Do you have any questions for us?”**

Always say yes, this is your chance to show interest and learn more about the role, team, or organization.



Body Language:

Body language plays a major role in how you’re perceived during interviews and professional interactions. Nonverbal cues, such as posture, eye contact, facial expressions, and hand gestures, can reinforce confidence and engagement, even before you answer a question. Sitting up straight, maintaining appropriate eye contact, and offering a genuine smile can help create a positive first impression.

Being mindful of your body language also shows professionalism and interest. Avoiding closed-off postures, minimizing fidgeting, and staying present during the conversation can help you appear focused and confident. These small adjustments can make a big difference in how your message is received.



”

Brian’s Bulletin

Body language can say just as much as your answers. Being aware of how you sit, make eye contact, and engage shows employers that you’re confident, attentive, and ready to contribute.

