



At a job interview, it's not just what you say. It's what you do, too.

While wowing hiring managers with your knowledge and enthusiasm, keep in mind that they're watching what you do as well as listening to what you say.

So ask yourself: Do you have any annoying mannerisms?

Hiring managers assume that if you are a little annoying at an interview, you'll be much more so once you're hired and, presumably, off your guard.

Lasting impressions are formed within 20 seconds of first meeting.

So make an effort not to do any of the following at job interviews:

1. Gum chewing
2. Hair twirling
3. Slouching
4. Avoiding eye contact
5. Knee jiggling
6. Drumming your fingers
7. Sighing (or yawning)
8. Nail biting
9. Playing with your pen
10. Lip smacking
11. Checking your cell phone
12. Key jingling
13. Sniffing
14. Kicking the interviewer's desk or chair
15. Toe tapping
16. Picking at, rubbing, or scratching any part of your body
17. Waving your hands while speaking
18. Tugging at your cuffs or at the hem of your skirt
19. Resting your chin in your hand
20. Smiling too much (or not smiling at all)

Bet you didn't know there were so many ways to be annoying! Before your next interview, ask a trusted friend or any of us here at infoployment if you are guilty of any of the above.

Karen Burns