



# Preparing for the 4-H Record Book Interview

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## Dress for Success

- ❖ Wear clothes and shoes that fit and make you feel good.
- ❖ Dress professionally – coat and tie or suit for males; suit, pant suit or nice dress for females.
- ❖ Ladies – make-up should be neutral and conservative.
- ❖ Don't overdo the cologne or aftershave. The judges will be in a small, confined area.

## Overcoming Stage Fright

- ❖ Remember – you are the expert in your work.
- ❖ Practice before you come – have someone ask you questions.
- ❖ Prior to your interview:
  - Get plenty of sleep the night before.
  - Eat breakfast.
- ❖ Just before your interview:
  - Do a few breathing exercises.
  - Positive self-talk; example:
    - “I know I am going to do well.”
    - “The judges are going to be interested in what I have to say.”
    - “I know my project area and am prepared.”

## Tips for Interviews

- ❖ Take a moment before speaking. If you feel comfortable, introduce yourself to each judge and shake his/her hand. Smile.
- ❖ Establish and maintain eye contact. Making eye contact sends the message that you are confident, interested, and sincere.
- ❖ Speak with expression and sincerity.
- ❖ Remember this is an interview, **NOT** a speech. Allow the judges to ask you questions.
- ❖ Handle mistakes naturally.
  - If you don't know the answer, say so and offer to find the answer.
  - If you don't understand the question, ask for clarification!
- ❖ At the conclusion of your interview, thank the judges for their time.

