

Inner Preparation Student Guide

Goals: To prepare yourself emotionally and mentally so you can present your best self to admissions officers and employers.



Suggestions for emotional preparation

It is natural to feel apprehensive about taking next steps in your educational and career development.

You might invite your inner self to name your concerns.

One by one, turn your attention to your concerns, apprehensions, and fears.

You might think about what you can do to help the things you are concerned about.

Talk to supportive family members, friends, and teachers about your thoughts and concerns.

Suggestions for mental preparation

Think about what you love and what you want to learn about.

What careers are you interested in?

Think of things you will learn at the job or school that will help you reach your own goals.

An interview or application can be a two-way street.

Identify things you want an employer or admissions officer to know about you. For example, your experiences that would add to your ability to do the work and your personal qualities that you will bring to the job or school environment.

What do you want to know about the job, company, or school? Learn about the organization before the interview. Prepare questions for the interviewer.

The questions the interviewer asks you might reflect the organization's values. Listen for this information.

Plan to ask, as a final question, "Is there anything I haven't asked about, that would be good for me to know?" Your question can prompt the interviewer to provide you with important information.

Want to learn more?

Visit sknaacp1166.org for more information and resources.