Preventing for the 4-H Record Book Interview

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.