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**Interview Reflection**

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### **Interview Reflection**

The interview process is always the most challenging thing for individuals because it will require people to have proper preparation based on their dressing code and communication skills. However, I have experience in interviews because I have been involved in some of them in my previous life. I am aware of what needs to be done to ensure the interviewer has a good impression. Some of the interviews I have engaged myself in are one-on-one, phone, and group interviews. Nevertheless, I have never considered interpersonal communication and understand its role in interviewing until I accomplished the practice interview. Regardless, finishing this course will have made me gain significant knowledge of handling and responding to interview questions.

Moreover, I have learned that my supposed and presenting self are different. Although I'm not too fond of public speaking, I have realized that interview is an insight and identity. Therefore, individuals need to have the essential communication skills to sell themselves to the interviewer.

I utilized two principles of interpersonal communication which guided my behavior. The first one is non-verbal communication, and the other one is communication identity. My faintness was not recalling the laws of stopping a battle or making things end well; besides, I warped my fingers more because I always feel anxious when talking to the public, although it was not perceived on the camera. Also, interpersonal communication is vital, especially in viewing how a person behaves and how they will be responding to clients. I found myself responding with the word "Uhm" several times, which I realized was not appealing during the interview.

Communication principles were essential in guiding my interview behavior. For instance, communication identity is critical in developing and giving the self of my ideas. Adler & Proctor (2017) stated that communication identity is the capability of an individual to realize the distinction between who they are when no one notices them and who they act to like themselves to be in certain conditions and parties. Besides, communication and self-indicate an individual features and personality, for instance, the wish to be treasured, appreciated, reviled, or even insulted. Communication and identity principles controlled my interview behavior because I used self-esteem through talking vastly about myself. For instance, I stated I was vibrant on the things I can do without being egotistical.

Moreover, I revealed my achievements during the career attainment and academic accomplishments. The enthusiastic persona that I gave out was significant because it made the interviewer perceive me as an individual who can handle difficulties and pact with complex situations, and maintain a positive attitude. Adler & Proctor (2017) claim that three elements make an individual identity, including personal, cultural, and social identity. Therefore, during the interview, I ensured I mention the personal identity that most people do not know about me. I stated that I am a full-time student at the same time work full-time; this makes it a challenging task to make me have the capacity to handle intricate tasks.

The principle utilized is nonverbal communication. Conducting an online interview can be challenging because of the challenges in internet connection. Adler & Proctor (2017) argue that interpersonal communication would require an individual to use nonverbal communication, expressing messages by utilizing other linguistic methods. During the interview, I utilized kinesics by moving different body parts to pass the required message. For instance, I made eye contact with the webcam. Since the interview was online, I evaded the devastations with my

hand and kept them below the table. I also ensured that the setting where I was doing the interview was quiet and light enough to ascertain the interviewer can undoubtedly see and listen. Also, I made sure my tone is high and talked with emphasis where stress is required.

### Reference

Adler, R.B. & Proctor, R. F. (2017). Looking Out, Looking In (15th Ed.) Cengage.

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