

First Impressions Count One reason interviews cause job seekers so much anxiety is the need to make a favorable first impression. Although qualifications make up the bulk of the hiring decision, employers are also looking at the kind of attitude you display to determine whether or not you'd be an asset to the organization. Lauren Milligan, host of the business radio show "Livin' the Dream:" advises job seekers to temper any negativity they have involving their previous jobs.

"During an interview, a common question posed to the candidate is, 'What problems did you encounter in your previous job?' A negative employee will use this time to talk about their boss, co-workers, job functions-anything that didn't sit quite well with [him or her]:" Milligan says. "Don't do that! A positive employee will see this question as a chance to talk about a difficult situation and how they turned it into a good experience:" The cliched business advice of bringing your boss solutions, not problems, is actually true. "Negative employees think of how problems affect them, while positive employees think of how they can solve a challenge;" Milligan says.