



Job Seeking Skills – Judge Feedback

Cal-HOSA SLC 2026

■ What Judges Noticed

- Well-prepared and knowledgeable
- Relaxed, conversational tone
- Did not show nerves
- Strong involvement in school and community

■ Tips for Success

- Greet with a firm handshake and eye contact
- Enter with confidence
- Pause before speaking to avoid filler words
- Clearly explain your strengths and qualities
- Tell your story and share personal experiences

✓ Before You Compete – Checklist

- I greet with a firm handshake and eye contact
- I have a strong introduction ready
- I avoid filler words (um, like)
- I clearly explain my strengths and experience
- I share personal stories and examples
- I present with confidence and professionalism

■ Areas to Improve

- Reduce verbal tics ("um," "like")
- Strengthen introduction
- Improve confidence in first impression
- Be intentional with communication (50–75% clarity noted)

■ What Made Top Competitors Stand Out

- Cool, calm, and collected demeanor
- Passion for the position
- Ability to clearly explain strengths
- Strong school/community involvement
- Sincerity and personality
- Demonstrated experience and achievements

Confidence + preparation + authenticity = a strong interview.