

**OSQ Interview Practice** – information is in the Resource Library about time limits, but here is some information and ideas about how to get ready for that part of the competition.

It's a new day and so much can be done behind the computer, and gathering five faces who want to help you prepare with your conversation skills and developing your brain to "think quick" will be super helpful so you'll feel comfortable with OSQ Interview.

The BEST thing is to emulate the experience exactly - meaning you want to put yourself (and your nerves) in the position where you walk in a room, or walk out on stage, and face a group of judges, and answer questions.

FOR NOW, there are two key things that you can do.

- emulate (or mimic) the actual action of approaching a bowl of questions, or if you have someone to actually ask you a question that's even better. Don't worry about content! Just think about thinking quick and expressing an answer.

At first just say the first thing that comes to mind. As you go along you will get a feel of the action, and will see that it gets easier, and you will get the feel of your answers.

Videoring yourself works great because you can go back and watch yourself and listen to your answers. As you really get used to watching yourself you will start to "see you as the judges see you". Sometimes it's a completely different perspective.

You will notice how you stand, how you answer, and eventually your brain will get used to thinking fast – and you will find yourself feeling comfortable with your answers.

Remember – most questions don't have a right or wrong answer. It is YOUR answer. If you sound confident judges will usually buy what you're selling. Example: I judged a girl who didn't answer the question but instead answered what seemed to be a different question, but she was so sure with her answer I just assumed that she misheard the question. After her win we asked her about it, and she told us that she actually DID hear the question and just blurted out her answer. Confidence will work almost every time. True story.

- A second method is to do a zoom or face to face meeting with someone who will very quickly ask you question after question. You answer quickly and at first don't worry about your answer. Just get used to saying something quickly. Eventually your mind will learn to keep up and your answers will start making sense. Think about this: you're always so much "smarter" and "quicker" when you're sitting around talking to your friends. Feeling confident because you've practiced will help get you to that mindset.