

Firstname Lastname

Aztec Computers

Your Total Computer Solution

Let **Aztec Computers** be your source for all your computing needs. We not only sell quality desktops and laptops, but we specialize in the “extras,” including printers, scanners, accessories, storage, and networking equipment. You’ll find our service cannot be beat! If you can’t come to us, we’ll come to you, providing service at your location if it makes your life simpler. We even offer classes each Saturday on various topics of interest to the home and small business user. Because we know how important a properly secured computer is, we encourage you to take a close look at your computer’s security software. To help with that, we are pleased to provide the following summary of a few security threats and to offer suggestions on counteracting those threats.

We are here when you need us, so please contact us at 468-555-3712 or find us online at [www.accorp.com](http://www.accorp.com). Remember to like us on Facebook, as well!

## Viruses 101

A computer virus, unlike a human virus, does not occur naturally, but is deliberately created by an individual who is intent on wreaking havoc. It is an actively infectious program that attaches itself to other files and has the ability to alter the way your computer works without your permission. The virus may or may not announce itself. Once a computer is infected, some or all of the application programs may slow significantly or cease working altogether. Unusual error messages may appear on your screen and/or you may run out of memory or disk space. The machine may reboot continually and/or files can become corrupted or can be completely erased.

We often use the term virus to identify any type of malevolent code that adversely affects our computer, when in fact what we are dealing with is not a virus, but a Trojan horse or a worm. A Trojan horse is a file that presents itself as something desirable, but in fact is harmful. For example, it may claim to be a useful utility program or game, but when executed causes data to become corrupted and/or erased. It differs from a virus in that viruses are programmed to replicate themselves, whereas, Trojan horses do not. They typically are spread through email or downloading files from the Internet.

A worm is a program that, like a virus, is written to replicate itself, but unlike a virus, does not have to attach itself to other programs in order to reproduce. Rather, the worm uses holes in the operating system and in network security to replicate itself throughout a network. Because it can travel through a network so quickly, a worm's damage potential is significant and worms have been known to clog Internet bandwidth and bring down hundreds, if not thousands, of computers in very short periods of time.

The best way to protect your system from these threats is the installation of an antivirus program that can automatically detect Trojan horse, or worm should it threaten your system. Many such are available, but their effectiveness depends on continual updating threats appear all the time. The software vendor typically includes a subscription to automatic updates to detect new viruses. Once the expires, however, it is incumbent on you to renew it.



through a virus, programs since new limited subscription

Viruses are often spread through ignorance or sheer laziness. Students may say that they do not have the time to update their antivirus program and/or that they cannot afford the cost of the update. If you are prone to think this way, ask yourself how much time it will take to reformat your hard drive if a virus destroys your system. What if the virus permanently destroys an important document such as the term paper you need to graduate? What is the value of your time and/or your documents?

## The Essence of Backup

It's not a question of if it will happen, but when — hard disks die, files are lost, or viruses may infect a system. It has happened to us and it will happen to you, but you can prepare for the inevitable by creating adequate backup *before* the problem occurs. The essence of a **backup strategy** is to decide which files to backup, how often to do the backup, and where to keep the backup.

Our strategy is very simple — backup what you can't afford to lose every time the data changes. Store the backup away from your computer; e.g., e-mail the file to yourself as an attachment. You need not copy every file, every day. Instead, copy just the files that changed during the current session. Realize, too, that it is much more important to back up your data files than your program files. You can always reinstall the application from the original disks or CD, or if necessary, go the vendor for another copy of an application. You, however, are the only one who has a copy of the term paper that is due tomorrow. Once you decide on a strategy, follow it, and follow it faithfully! Show that you understand the nature of backup by answering the following questions:

- Which files should be backed up?
- How often should the backup be performed?
- Where should the backup files be stored?
- Should you trust anyone else to do the backup for you?

This document will encompass one to two pages, promoting a dream destination. Included are possible hotel accommodations, activities, and suggested travel arrangements. A header and footer is included; a watermark identifies the document as a draft. The document will be error-free and well positioned on the page.

October 18, 2016

Dr. Firstname Lastname

University of Anywhere

Address

City, State ZIP

Dear Dr. Lastname:

We have completed and are submitting the Word project required for CIS XXX. The group submitting the project is comprised of the following members:

*List of members*

On each of the following pages, a college event is described. Each group member contributed a page, working with a document shared on SkyDrive. The collaborative project is completed and submitted according to your directions.

Event 1 Description

## Event 2 Description

Event 3 Description



## **Association Policy Statement**

### **Usage of Association Logos and Trademarks**

**Adopted: April 2014**

**Revised/Reaffirmed: 2016**

**Expiration: 2020**

This policy establishes the usage of logos and trademarks of the Association.

#### **Notices on Association Web Site**

The following verbiage shall be posted on the web site:

©2009-2018 Association of Medical Transcriptionists Professionals. All rights reserved.

“AMT”, the AMT logo, “MT Professional” are trademarks of the Association of Medical Transcriptionists Professionals.

#### **Terms and Conditions of Using Logos and Trademarks of the Association**

By downloading Association logos, graphics, or other electronic files from this website, you agree to these Terms and Conditions and agree to follow all usage guidelines outlined in the Use of Logos Policy and Guidelines. **The inappropriate use of the logos is prohibited by law unless expressly licensed or approved by the Association of Medical Transcriptionists Professionals.** The parameters for use of any AMT trademark are as follows:

- Any AMT logo or official graphic file must be accurately shown in proportion and orientation.
- Distorting or rotating the logo is not permitted. Deconstructing or separating the logo or image is not permitted.
- Any AMT logo or official graphic file must not be incorporated into any other mark or symbol. It may not be used as a border on or around any item.
- \* You may not use an AMT logo as part of either your name or your company's name.

## **Who Can Use AMT Logos and Official Graphic Files**

To be considered an "authorized user" an individual or company must qualify in one or more of the following categories:

- \* AMT Members – An individual recognized by AMT as a member in good standing.
- \* AMT Alliance Partners – A company recognized by AMT as an alliance partner in good standing.
- \* Alliance categories authorized include:
  - Partner affiliates
  - Education affiliates
  - Vendor affiliates

### **Usage of Association Logos and Trademarks, April 2012 Page 2 / 3**

AMT reserves the right in its sole discretion to terminate or modify permission to display the logo, and may request that third parties modify or delete any use of the Logo that, in AMT's sole judgment, does not comply with these guidelines, or might otherwise impair AMT's rights in the logo. AMT further reserves the right to object to unfair uses or misuses of its trademarks or other violations of applicable law.

## **Page 1 / 3**

### **Use of Logos Policy and Guidelines**

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#### **1.1 Trademarks and Copyrights of AMT**

Any variation on the AMT logo must be avoided to protect the unifying function and legal identity of the AMT logo. The logo has been in use for multiple purposes and in various forms. It is the intent of the Association to standardize the use of the AMT logo as defined herein.

##### **1.1.1 AMT Brand**

The AMT logo represents a "brand" through which the Association is known to the industry. To build a clear image of our Association, we need to present consistent messages to the market.

To accomplish this, we need:

1. \* One name - AMT chapters around the world will all do business under the name – AMT (Association of Medical Transcriptionists Professionals) - wherever it is legally possible.
2. \* One voice - We will give consistent messages about who we are, how we work with our members and the value we demonstrate. This is our brand positioning.
3. \* One look - We will give all our communications around the world a consistent look that communicates our brand values.
4. Communicating our brand consistently in all our external communications and living it in our behavior will create the most favorable image of our Association in the minds of successful business and IT professional leaders.

##### **1.1.2 AMT Logo**

The logo upon which we build our brand consists of four elements: design, color, tagline and typeface.

##### **1.1.3 Policy**

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##### **1.1.3.1 Use of the Logo**

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#### **1.1.3.1.1 Logo Formats**

The logo is available in JPEG and GIF format for web site and document use for professional printing. The logo is available in 4-color format, in 2-color format for reduced printing cost, and in grey-scale for black and white printing. The high-resolution version of the logo is preferred for use whenever possible.

#### **1.1.3.2 Chapter Designation**

Additional text and/or graphics may be used to differentiate chapter materials, but the official AMT logo **Usage of Association Logos and Trademarks, April 2009 Page 3 / 3** should always be used in addition to any chapter designation including use in any official publication and on Chapter web sites.

#### **1.1.3.3 Use of the Logo or Official Graphic Files by Other Organizations**

The official AMT logo or official graphic files may not be used by any other organization without the express written consent of the Association. Permissible uses of the logo include use of the logo on materials for educational events sponsored by the AMT and on-line links to the AMT website from official Sponsors at either the local, regional or national level. Links from other non-Sponsor organizations are permissible when approved by the Association Executive Director.

#### **1.1.3.4 Business Cards**

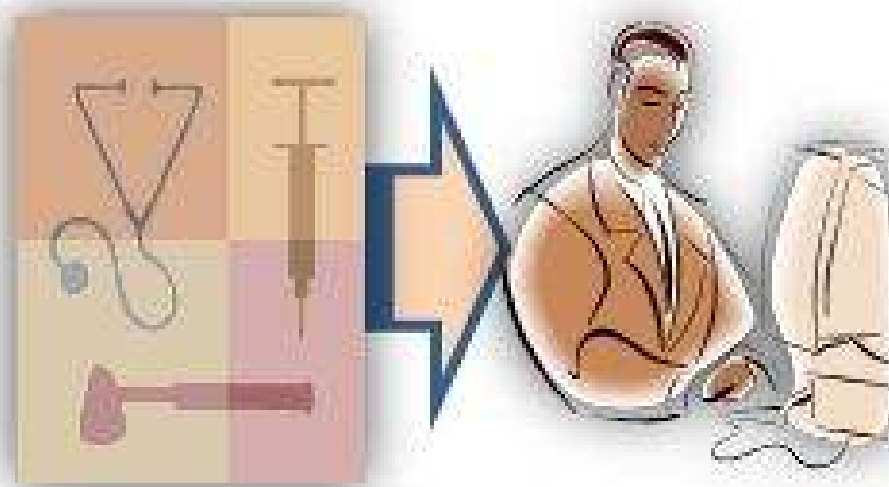
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# Association Medical Transcriptionists Professional

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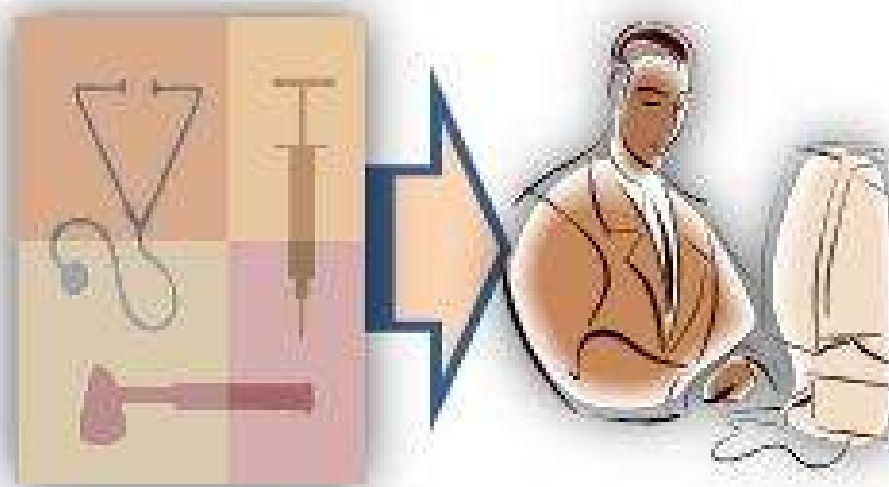
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# Association Medical Transcriptionists Professional

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# Ethics and Society

**Ethics** refers to the principles or standards of human conduct that can be used by an individual to make decisions between alternative courses of action. Ethical choices occur in all lifestyles and typically involve a conflict where one person or group benefits at the expense of another. Business, for example, is often confronted with the decision to utilize technology to reduce its workforce and thereby raise its profits to benefit its shareholders, at the expense of eliminating the jobs of loyal employees who have been with the company for many years. One could make an argument for either course of action, and indeed there is no right or wrong answer, because either action might be deemed correct within its own objective.

How then does one make an ethical decision? As with every decision, you begin by identifying the facts – who did (or will do) what to whom, and where, when, and how was (will it) be done? What are the opposing courses of action and the consequences of each? The decision maker can then decide which path to follow and which principle or value to apply. He or she may be guided by a professional code of conduct such as those advocated by the American Medical Association or the American Bar Association. There may also be a clear legal principle, but as is often the case with new technology the law may not yet exist.

Eventually, however, every ethical choice is a matter of individual conscience. Perhaps the most basic tenet guiding any decision is the Golden Rule to “*do unto others as you would have others do unto you*”. One might also be influenced by Immanuel Kant (1724-1804) who said that “*if an action is not right for everyone, it is not right for anyone*”. René Descartes (1596–1650) espoused almost the same philosophy by stating “*that while an action might be acceptable initially, it must be repeatable or else it should not be taken at all*”. Nevertheless, ethical decisions are seldom easy because ultimately, we are all human and our self-interest may be in conflict with established legal or ethical principles.

Our objective is not to preach, but rather to raise your consciousness of ethical issues as the basis for class discussion. Consider now several situations that require you to render an ethical decision. List the pros and cons for each scenario, and then state the ethical principle(s) that most influenced your decision.

**The Office CD:** Your best friend has just purchased a new computer that includes a copy of Microsoft Office 2013™. You ask your friend to borrow the CD in order to install the software on your computer. You are on a strict budget and cannot afford to spend the approximately \$200 the software would cost at the University bookstore. You intend to use the software only for school and will not benefit from it commercially. You are not hurting anyone and no one other than your friend will even know that you even borrowed the CD. You are shocked when your friend says no. What reason could he or she have for denying your request?

**The Borrowed Home Work Assignment:** Your roommate has just come back from a family emergency and has not had time to do the assignment for today's class. He or she has asked for your homework in order to copy it and submit it as his or her own. You worked hard and you know you are going to get an A. Homework is an integral component of the grade in this course and your friend cannot afford to do poorly in this class. Do you let your friend copy your homework? Would your answer be different if your friend did not have to go home for the family emergency? What if the situation were reversed? Would you expect your roommate to let you copy his or her homework?

**The Honor Code:** You would not think of cheating on an exam ☹. You have, however, seen one of your classmates blatantly copying from a cheat sheet. The student in question is doing poorly in the course and in danger of losing his scholarship if he does not receive a grade of A. Do you report the incident to the professor? The professor does not grade on a curve so no one else is affected by the actions of this classmate. On the other hand, are you being fair to the students who studied diligently for the exam yet managed no better than a C? If you do report the incident can you live with the fact that you were responsible for your classmate failing the exam, thereby failing the course, and losing a badly needed scholarship?

**The \$50 Bill:** You gave the clerk a \$5.00 bill but got change for a \$50, resulting in a "wind fall" of \$45. Do you keep the extra money? Does your answer depend on whether it is a small store in which case it is coming directly out of the proprietor's pocket, or a large store in which the store would absorb the loss? After all the store can afford it, while you really need the money. What if it was the person ahead of you in line who received change for the \$50, when you clearly saw he gave the clerk \$5? Would you speak up without being asked?

**Downloading Music from the Web:** The Internet has been a great friend to your pocketbook; you haven't purchased a CD, cassette tape, or any other form of music since the invention of MP3. This may be great for you as a consumer, but imagine that you actually wrote and produced a particular song, and that your livelihood depends on the funds generated from the sale of that song. Do you still think it is appropriate to obtain copies of songs for free? What if music fans everywhere decided to stop buying music and simply wait for it to be uploaded to the Web? What effect would this have on the music industry?

# 2012

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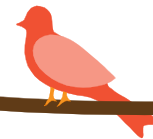
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# Swan Creek National Wildlife Refuge

What: Swan Creek National Wildlife Refuge Day Camp

When: Week-Long Day Camps from July 5-August 21, 2016

Where: Swan Creek National Wildlife Refuge (at the headquarters)

Open To: 5th through 8th Grade Students

When was the last time you spent an afternoon absorbed in nature, experiencing sights and sounds you could never enjoy in the city? Did you know there are 38 different types of birds native to our area, all of which you can find at Swan Creek National Wildlife Refuge? The refuge backwaters are home to beavers, mallard ducks, geese, largemouth bass, and slider turtles, among many other inhabitants. What better way spend a few days this summer than with us at the refuge, experiencing nature at its finest?

Swan Creek National Wildlife Refuge is offering a series of week-long day camps this summer, designed for children who are rising fifth through eighth graders. Children will participate in informative seminars and nature observations led by wildlife rangers. On nature hikes through the refuge, camp participants will explore a native forest comprised of trees and forestry indigenous to the area. Other activities include hiking along the raised boardwalk through the sunken forest, identifying wildlife from the refuge observation center, and participating in nature photography classes. The first 50 campers to register will receive a Striker backpack, compliments of Swan Creek!

Explore nature

Learn to identify native plants and wildlife

Take digital photos

Participate in nature seminars

Enjoy relaxing days at the refuge

For further information, or to register, please contact:

Melinda Gifford, Events Coordinator

(660) 555-5578

[mgifford@scnwf.org](mailto:mgifford@scnwf.org)

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Emily Traynom, Director  
Swan Creek National Wildlife Refuge  
89667 Mill Creek Road  
Hastings, PA 19092

July 23, 2016

RE: Summer Day Camp Program at Swan Creek

As an educator in our community, you are sure to be interested in an opportunity for your students to learn at Swan Creek National Wildlife Refuge this summer. I hope you will encourage your students who are rising 5<sup>th</sup> through 8<sup>th</sup> graders to join us for a few days this summer. The day camp program, which is described on the following page, is an effort to instill an appreciation for our environment, all in an engaging and fun atmosphere. Funded through a grant from the Nature Federation, the program is free to campers; however, space is limited, so please encourage early registration.

I, or a member of my staff, will be happy to visit your classroom to promote the refuge and to answer questions or accept registration for the summer day camp program. Feel free to copy and distribute the article on the following page. We hope to hear from you soon and look forward to working with your students this summer!

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Swan Creek National Wildlife Refuge is offering a series of week-long day camps this summer, designed for children who are rising fifth through eighth graders. The series of wildlife camps will begin on June 15, with the last camp ending on August 6. Children will participate in informative seminars and nature observations led by wildlife rangers. On nature hikes through the refuge, camp participants will explore a native forest comprised of trees and forestry indigenous to the area. Other activities include hiking along the raised boardwalk through the sunken forest, identifying wildlife from the refuge observation center, and participating in nature photography classes. The first 50 campers to register will receive a Striker™ backpack, compliments of Swan Creek!

Explore nature

Learn to identify native plants and wildlife

Take digital photos

Participate in nature seminars

Enjoy relaxing days at the refuge

For further information, or to register, please contact:

Melinda Gifford, Events Coordinator

(660) 555-5578

[mgifford@scnwf.org](mailto:mgifford@scnwf.org)

# Memo

**To:** Swan Creek Staff  
**From:** Joseph Blackstone, Personnel Director  
**Date:** July 28, 2016  
**Re:** Adrian Sammons (new employee)

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Please give a warm welcome to our newest employee, Adrian Sammons, who will be leading our Nature Conservancy office. Adrian comes to us with a wealth of experience in managing wildlife programs. His most recent assignment was with the South Florida Sea Lab, where he directed several successful grant programs and helped develop the first student-led symposium in Florida. Until his new office is renovated, Adrian will share quarters with Ms. Emily Traynom. Please join me in welcoming Adrian to Swan Creek!





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To delete this text box, right-click on it and select Cut (or Delete).



Emily Traynom, Director  
Swan Creek National Wildlife Refuge  
89667 Mill Creek Road  
Hastings, PA 19092

July 23, 2016

RE: Summer Day Camp Program at Swan Creek

As an educator in our community, you are sure to be interested in an opportunity for your students to learn at Swan Creek National Wildlife Refuge this summer. I hope you will encourage your students who are rising 5<sup>th</sup> through 8<sup>th</sup> graders to join us for a few days this summer. The day camp program, which is described on the following page, is an effort to instill an appreciation for our environment, all in an engaging and fun atmosphere. Funded through a grant from the Nature Federation, the program is free to campers; however, space is limited, so please encourage early registration.

I, or a member of my staff, will be happy to visit your classroom to promote the refuge and to answer questions or accept registration for the summer day camp program. Feel free to copy and distribute the article on the following page. We hope to hear from you soon and look forward to working with your students this summer!

# Swan Creek National Wildlife Refuge

What: Swan Creek National Wildlife Refuge Day Camp

When: Week-Long Day Camps from July 5-August 21, 2016

Where: Swan Creek National Wildlife Refuge (at the headquarters)

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## **Runners at Heart**

### **Training Tips for a Half Marathon**

Preparing for a half marathon is something you cannot do in only a few days. Runners who have not run at least 5 miles in a previous race do not need to attempt the half marathon, but if you are truly a long-distance runner, then you should consider joining us in training for the upcoming River City Half Marathon. The following training tips should put you in fine form for the race!

#### **Choose a Plan**

Your training routine should last at least 14 weeks, so give yourself plenty of lead time to train. Your body must acclimate to the training demands, and training should match your fitness level.

#### **Run Quality Miles**

Simply running a distance is not enough preparation. In fact, the more miles you run at the same pace, the greater is your chance for injury. Always begin with a 1-mile warm-up at a relatively slow pace, and end with a 1-mile cool down at the same slow pace. The miles in between should be run at about 30 seconds slower than your typical 5K pace.

#### **Cross-train**

Light resistance training and aerobic exercise on the days you do not run is a great way to optimize your fitness. Try cycling, swimming, or using an elliptical machine to target your core and upper body. Such workouts also help you maintain good running form and helps counteract fatigue.

#### **Train with Others**

Training in a group can make it a fun experience. In fact, it can make all the difference between success and failure as you approach that half marathon. Also, others will count on you; if you don't show up, you'll be missed.

## **Do Your Research**

As simple as it sounds, find out what sports drink will be provided at the race, and then train using the same drink. Or you can plan to bring your own in a hydration belt. Take a look at the route, study the changes in elevation, and try to train under the same conditions.

## **Rest**

Give your body time to repair and rebuild. Take your scheduled rest days, and listen to your body.

## **What to Wear**

Skip the cotton, and wear clothing designed to wick moisture. Major sports brands usually provide gear made especially for runners, such as Nike Dri-Fit. The same rule applies to socks. Above all, don't wear something on race day that you've never worn before.

## **Prepare Mentally**

A half marathon isn't really comfortable, but it is also not too hard for an experienced runner. It is a bit mentally taxing, so train your brain to turn every negative thought into a positive thought. Mental lows will creep up, so be prepared to combat them.

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# Childhood Vaccinations

## What You Should Know

It is no surprise that it is much better to prevent a disease than to treat it. Disease prevention, made possible in part by proper childhood vaccinations, is the key to public health. Infectious diseases that once were common in this country have been brought under control or eliminated completely. The list is long, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, and influenza. Perhaps one of the most devastating diseases in history was smallpox, which is almost unheard of now, thanks to a vaccine. Literally millions of lives have been saved by immunizations against disease.

Not only does immunizing your children prevent disease, but it saves money in doctor's visits, hospitalizations, and premature deaths. If you are a working parent, you can understand the benefit of not missing time from work with a sick child.

This is the way immunization works. When children are born, they have an immune system composed of cells, glands, organs, and fluids. Germs enter the body as invaders, or antigens, which are thwarted by the body's antibodies. Millions of antibodies are produced to defend against thousands of attacks every day—a process so natural that it is not even evident. Once the antibodies have destroyed the invading antigens, they disappear. However, the cells involved in antibody production “remember” the invaders and are able to effectively defend against the same antigens if an attack occurs later. That process is called immunity.

Vaccines contain a weak form of antigens, which are not strong enough to cause disease, but are strong enough to make the immune system produce antibodies against them. Through vaccination, a child is able to build immunity without suffering the diseases that vaccines prevent.

Do not be fooled by the lessened occurrence of infectious diseases in the United States. The viruses and bacteria that cause devastating diseases still exist and can be passed on to those who are not properly immunized. Vaccinations are now mandatory in all 50 states, and for good reason.

You should be aware that most vaccines have a low risk of side effects. Even so, the vast majority of children experience very few, if any, side effects. The benefit of vaccines far outweighs the risk. That said, you will want to be aware of risks and side effects so you are prepared to deal with them.

## **Required Vaccinations**

Diphtheria, Tetanus, Pertussis

Polio

Measles, Mumps, Rubella

Hepatitis B

Meningococcal

Varicella (Chicken Pox)

# Health Fair

## Montclare University

### Career Placement Center

#### *Opening Career Doors*

We know you are serious about your education. We also know you are serious about planning for a career that will carry you far. Regardless of your major, Montclare University's Career Placement Center is here to help! As part of our current career planning program, we are focusing on one job skill each week. This week, we want to help you master interview skills that will help you land that dream position! We have summarized career advice we collected from professionals around the nation. If you missed the recent symposium in which we explored interview skills, we hope you will take a look at the following summary of advice collected from career professionals around the nation. As always, we are available in Rogers Hall, Room 38, for additional assistance.

Make the most of the time you spend in a job interview. Regardless of the position you seek, the following suggestions should help you put your best foot forward!

#### **Do your homework**

Homework is not something you leave behind when you leave class. Before going for that interview, research the company you want to work for. Visit the company, check out its website, and talk with someone who works there. Be familiar with the products produced or the services rendered. Become a knowledgeable potential employee. Make a list of things you want more information about so you are prepared to ask questions at the end of the interview.

#### **Dress for success**

First impressions matter. Enough said. Even if you are a free spirit, an interview is not the time to express yourself. Dress for the job you are applying for. It shows you are serious about getting the job. If you are uncertain, always overdress, which means no athletic shoes, jeans, hats, or midriff-showing shirts. Cover up any obvious tattoos, if possible.

### **Practice**

You didn't give a presentation in speech class without practicing first, did you? As odd as it may sound, practicing out loud for your interview will settle your nerves and help you sound more prepared. Think about what the employer wants to know about you and rehearse your responses in a mirror. You will come across as much more confident—which in fact, you will be!

### **Be on time**

Hopefully, you've learned this skill by arriving on time for your classes. Regardless, it's never too late to learn! You are expected to be on time for work, and this is not a time to cause a potential employer to wonder whether you will be. Arrive at the parking lot at least 30 minutes ahead of time, and be available in the building 15 minutes ahead. Arriving too early can throw off your interviewer's time schedule, but you certainly don't want to be late.

### **Watch the body language (and language, in general)**

Shake hands with a firm grip. Don't slouch; you might come across as lazy or uninterested. Try to keep your nerves at bay by taking a deep breath now and then and thinking before you speak. And speaking of speech—be polite, professional, use good grammar, and above all, avoid using slang or profanities. Don't make negative remarks about previous jobs or employers and don't complain. You should be positive, enthusiastic, and ready to take on a new challenge!

### **Sell yourself, but don't ramble**

Your interview is a time to sell yourself. You are selling a service that you hope they need. You need to stress the value you can add to the company and convince the employer that your services are better than all the rest. At the same time, don't talk too much. You do not need to tell the interviewer more than he or she needs to hear. If you are unprepared, you tend to ramble when answering questions, possibly talking yourself right out of the job. Simply match your skills with the position's requirements. There will be time to get to know each other better later.

### **Ask questions**

Obviously, the interview is about getting a job. But is it the job for you? Having done your research, you know the questions to ask to make sure the job is a good fit for your skills. You don't want to come across as interviewing the interviewer, but do have a few questions in mind. Having a clear set of expectations can help you determine whether you can contribute to the company.

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