



Meaning-making for better video interviews

During a video interview, especially an AI-based video interview, the job candidate needs to maximize the word choice in their responses. Commonly understood references can accomplish this. Many people share an understanding of these items, but your interpretation of them will be different.

1. The characteristics of positive figures that you paid attention to as a child (or at any life stage). Use somebody other than your mother and father.
2. Magazine, TV shows, or websites
3. Favorite story (movie or book).
4. Favored mottos or saying
5. A favorite music group and/or favorite song

The prompts below lead you through each of these topics.

Part I: Telling your Story

Positive characters

Who were the characters or heroes/heroines you paid attention to as a child, when you were a child of about six, seven, or eight years old. These can be real people, **other than your mother or father**, whom you knew or didn't know personally. They can be make-believe people like superheroes and cartoon characters, or anybody else you can think of. Maybe you admired a neighbor or a teacher, an athlete, a politician, a scientist, an artist or musician, a television star, or a character in a book. They don't even have to be human characters. For example, maybe you paid attention to Egyptian pyramids or sunsets.

For each, describe their personality or qualities in short labels. For example, if you admired Anne of Green Gables you might write that she is independent and spunky. Or, if you admired Dr. Martin Luther King, Jr. you might write that he was a leader who fought for social justice. If you admired Superman you might write that he fought for truth and justice. Write down three labels for each character.



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Character #1 _____

1A _____

1B _____

1C _____

Character #2 _____

2A _____

2B _____

2C _____

Character #3 _____

3A _____

3B _____

3C _____



Magazines/TV shows/Websites

What were/are your three favorite magazines or television shows? List magazines you like now or liked as a child. If you didn't read magazines, list what television shows you really enjoy(ed) now or as a child? List your three favorite magazines or TV shows and tell what you like(d) about them. If you're using memories about past magazines or shows, recall what you liked about them at that time. If you always went first to a particular part of a magazine, concentrate your answer on that interest.

Magazine, TV Show, or Website #1 _____

1A _____

1B _____

1C _____

Magazine, TV Show, or Website #2 _____

2A _____

2B _____

2C _____

Magazine, TV Show, or Website #3 _____

3A _____

3B _____

3C _____



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Favorite story

What is your favorite story (either in the past or currently)? Think of a book that you may have read over and over again. Tell the story of the book. What is the book about? Describe your favorite character in the story. If you don't have a favorite book, what is your favorite movie? Think of a movie that you watch(ed) a lot, or have seen over and over again. Then, tell the story of the movie.

Book or movie title _____

Summarize the story:

Favorite saying

Think about a motto you live by or a saying that you have heard and really like. Maybe you've seen some words on a car bumper sticker or have a poster or plaque in your room or house that has words to live by. You might even have more than one saying or motto that you can list here. If you can't think of a saying, you might even create your own and write it down here. Sometimes, a person's motto is oft-repeated words. They might not have noticed until someone points this phrase out to them.

Favorite saying _____



Favorite Music Group or Song

Music Group or Song #1 _____

1A _____

1B _____

1C _____

Music Group or Song #2 _____

2A _____

2B _____

2C _____

Music Group or Song #3 _____

3A _____

3B _____

3C _____

References:

Savickas, M.L. & Hartung, P.J. (2012). *My Career Story: An Autobiographical Exercise for Life/Career Success*