

Introduce Yourself



Example Introductions



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By the end of this video you will be able to...

- Identify common errors when introducing yourself both in content and in demeanor

Content

- For this, we've acted out a few example introductions. In each case, the applicant (Christine or Mia) will be pretending to be one of our undergraduates who has been helping create this course
- We'll do some common, not-so-good introductions first
- Let's start with the content of the introduction. Let's look at our first example



Enthusiastic but no content

No content!

- She did well for enthusiasm. But what did she tell us about herself?
- Not much at all.
- This isn't that uncommon if someone hasn't thought about a response before – their excitement gets the better of them
- Let's try another example

Exaggerated answer

Wow – that's overconfident

- An expert in 10 languages and still an undergrad. That's pretty unlikely.
- Disconnect of self-perception and actual ability is scary.
- This isn't that uncommon either and might be the result of trying to artificially show confidence but coming off as overconfident
- Let's look at one more



Good answer

Fantastic

- So did you notice the positives here?
- Background on who she is
- Gave a concrete example of a big team project she's been part of (shows success and teamwork)
- Let opening for follow-up questions about both these things

Demeanor

- In the next video, pay attention to Mia's demeanor



Bad demeanor

Poor demeanor

- I probably didn't need to tell you to pay attention to demeanor
- Did her interaction convey confidence?
- Poor eye-contact, fidgeting, poor posture. This all screams a lack of confidence.
- Perhaps the entirety of these behaviors is uncommon, but you'd be surprised how many people exhibit some of these when nervous
- Try again



Good Demeanor

Good!

- Notice. Good:
 - Eye-contact
 - Posture
 - Lack of fidgeting
- Mia's demeanor in this second video (her standard demeanor), shows strong confidence.
- Next → We'll have a peer review assignment where you'll introduce yourself to each other and get some practice!