



Analyzing your Peak Moments

Use peak moments in your life experience to illustrate a point for an interview's audience, whether it is for humans or artificial intelligence. Humans especially need a mental picture which can be provided through a story. Make sure to recollect a particular scene, not a generalized set of events. Use these recollections to extract the details. If you are recounting a story in the short time frame allotted for a video interview, you will have to use the essence of the story. Consider these story elements and emphasize them to highlight your individual differences.

- **Alone or with others:** Were you with others in the scene or by yourself?
- **Environment:** Where was the place you were? (e.g., outside in nature, a football stadium, a classroom) Was it a formal or informal?
- **Active or withdrawn:** How active were you in the recollected scene? Were you involved or observing. When did you become active or withdrawn if that changed during the scene? What did you contribute when active or when withdrawn?
- **Expression:** Were you talking or otherwise expressing yourself. Or were you silent?
- **Objects:** Were you using any objects or devices?