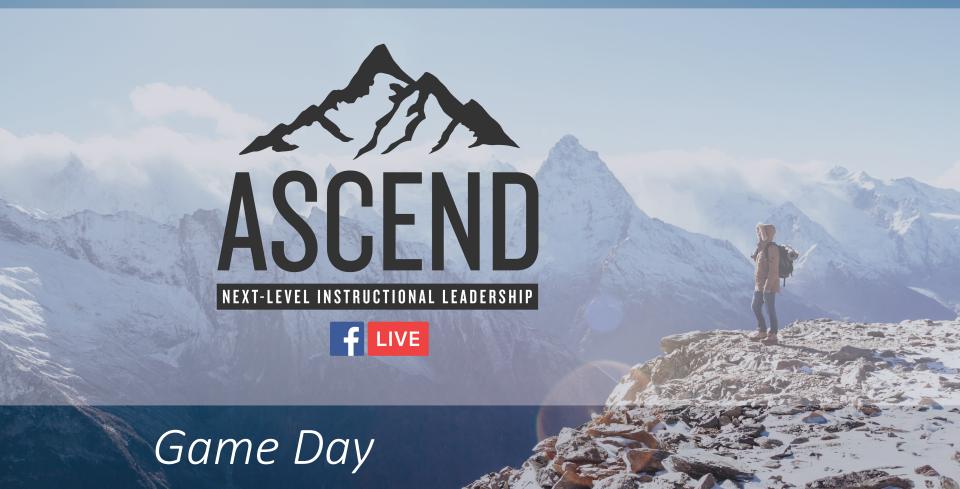
Sunday, February 23, 2020



Ascend Live: Game Day



In this episode, you'll learn how to prepare for interview day—and what to do if you're not getting enough interviews.

NEXT-LEVEL INSTRUCTIONAL LEADERSHIP



RECRUIT YOUR REFERENCES **®** RACE TO THE FINISH LINE

TRAIN FOR INTERVIEW DAY

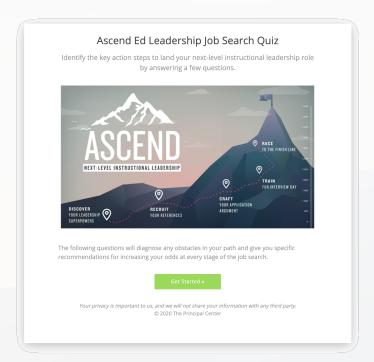
CRAFT YOUR APPLICATION **ARGUMENT**

2 000

1 500

DISCOVER YOUR LEADERSHIP **SUPERPOWERS**

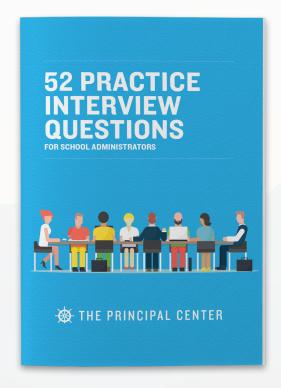
The Quiz





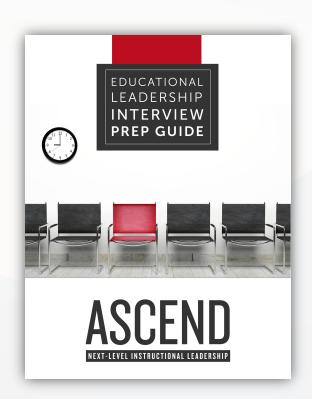
PrincipalCenter.com/job

Practice Interview Questions PrincipalCenter.com/interview





Coming Soon





PrincipalCenter.com/guide

Keep Steady

- Sleep
- Food
- Water
- Sugar
- Caffeine





Don't Tell Yourself...

- ASC
- "I couldn't possibly eat a time like this—my stomach is in knots!"
- "I can never sleep the night before a big interview."
- "I need more caffeine than usual for a boost before my interview."

Don't Go In To Work

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If you have a big interview, take the entire day off (or go in after the interview). Pay for a sub and/or use a personal day if you need to.

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Conserve Mental Energy



Mental energy is consumed by:

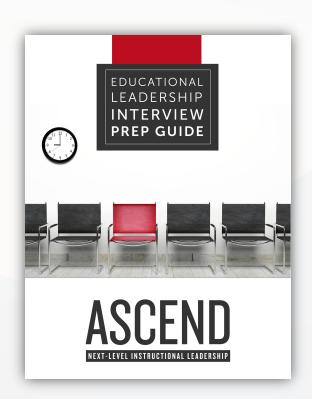
- Decision-making (e.g. clothes)
- Emotional self-regulation
- Physical exertion
- Low blood sugar

Outfit

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- Lay out the night before
- Examine in good light
- Plan final touches after meals (tie, makeup, etc.)
- Don't eat/drink while driving

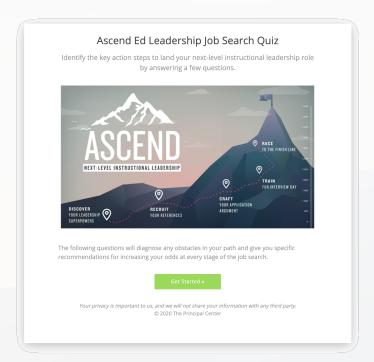
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The Quiz





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Want Help?





https://www.principalcenter.com/ascend