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10 Toxic Words You Must Not Say in a Job Interview



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LinkedIn Influencer, [Bernard Marr](#), published this post originally on [LinkedIn](#).

There's plenty advice out there to rehearse what you're going to say in a job interview: research questions the interviewer might ask, practice your answers, come up with salient questions of your own...

But what about rehearsing what you're

not going to say?

I put together a list below of some words you'll want to try to avoid at your next job interview, because even though they seem like just ordinary words, they could be major red flags for an interviewer or recruiter.

1. No.

First of all, if asked even a simple question, you don't want to give a single word answer (yes or no). But when the answer is no, definitely don't leave it there! For example, if asked if you know a particular computer program, and you don't, you could say, "I haven't yet had a chance to learn it but would be interested to do so," rather than simply saying "No."

2. Er... Um...

That old saying, "If you don't have anything to say, don't say anything at all," applies here a big. Rather than hemming and hawing while you try to think up an answer, just be silent and think. Saying er or um too much could make you seem unprepared or as though you're not paying attention.

Related: [One Simple Trick To Have Successful Conversations \(LinkedIn\)](#)

3. Whatever, OMG, bae... groovy?

Lose the slang when talking to an interviewer. You want to come across as polished and professional, and you don't want them to have to dig out their urban dictionary to understand you.

4. Sure, cool, kinda...

These kinds of words are just too casual, even in a casual workplace. You should be presenting the best version of yourself, not the sloppy, casual version.

5. We

This one seems innocuous at first, but if you use it a lot when discussing job duties

and accomplishments, the interviewer might start to wonder if it was you or your team that was responsible. Try to use “I” as much as possible.

6. Dedicated, motivated, team player...

Lose the resume speech and jargon. Besides the fact that these words are incredibly overused in interview situations, they’re also better demonstrated than just stated. If you want to convey your dedication or motivation, share an example from your past work experience; examples will go much further to making your claims believable.

7. Leverage, synergy, ideation...

I’d avoid using too much business jargon. The chances that you’ll come off sounding like an idiot are just too high. Too much business buzzwords or jargon tends to make people sound pretentious, or worse, downright stupid.

Related: [Big Data For Small Business - Why It Matters! \(LinkedIn\)](#)

8. 'Hit the ground running,' 'Circle back...'

These kinds of cliches have little to no meaning, they’re just verbal fluff, and they don’t add anything to what you’re saying. So leave them out.

9. Hate

I can’t think of a single instance when saying you “hate” something in a job interview is appropriate, but it’s exceptionally inappropriate to say anything about hating your former job, co-workers, boss, etc.

10. Perfectionist

It’s become almost a cliché in and of itself to answer a question like, “What’s your biggest flaw?” with a positive flaw like, “I’m a perfectionist.” Any good interviewer will see right through that, so just don’t do it.

Do you agree or disagree with my list? Any other words you’d add? I’d love to hear

your thoughts in the comments below.

ACCESS

Success Does Not Follow a Time Clock



Image credit: Bethan Phillips | F

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We're growing up later than we used to. We're finishing school later, [starting our career](#)

er, even getting married and having kids later. In case you're wondering, it's a worldwide phenomenon that's been studied to death. We've known about it for years. It's not new?

The study is a study of 5 million workers over a period of decades. The economists who did the research for the [Federal Reserve Bank of New York](#) concluded that average workers see most of their earnings grow during the first 10 years of their career and then begin to stagnate after age 35.

There is one big caveat: that flattening of the growth curve does *not* happen to higher-income earners. And therein lies the rub. Nobody has a crystal ball so you don't know if you're going to be an average earner or make gobs of money until after the fact.

In my career, for example. The first decade ended with me stuck in middle management. I didn't break through to the executive ranks until my mid-30s. That's where the good stuff started to happen. And my compensation was still on the rise when I moved from the corporate world and started my own business at 46.

Warning: Your Product Is Your Brand

If I were you, I'd take studies like this one with a big dose of salt. But since mainstream news outlets are already mischaracterizing the data with eye-ball catching headlines like [Your lifetime earnings are probably determined in your 20s](#)," I thought I'd provide some advice that's a bit less sensational and a lot more balanced:

Warning: Pushing yourself too hard can backfire.

One of the takeaways from those reporting on the study is essentially that you should keep your head in the game and get while the getting's good. If you're a slacker, that's good advice, but if you're already a highly driven achievement-oriented person, putting even more pressure on yourself is a bad idea.

Probably the main reason I ended up stuck in middle-management hell in the first place

that I was pushing myself too hard. As a result, I came across rough around the edges. My management style was a bit on the toxic side, and I wasn't deemed executive leadership material.

Once I learned to let go and relax a bit, that's when I started to shine, doors that had been closed began to open, and climbing the ladder of success became a whole lot easier. On a side note my personal relationships improved, as well. Turns out nobody wants to be around a guy that takes himself too seriously – at work or at home.

Related: [10 Behaviors You Never See in Successful People](#)

You're not racing against a biological time clock.

When you juxtapose the two sets of research – that people are growing up later but their earning potential is dictated earlier – you might reach the erroneous conclusion that these two concepts are at odds with each other, that you need to grow up ASAP or you miss your best opportunity to be successful. That's simply not true.

It's all relative. The clock starts when you're ready, more or less. Some of us are just late bloomers. I know I was. That doesn't mean you want to screw around for a few decades and then wake up when you're 60 and declare, "I'm ready, now show me the money." Trust me, that's not going to end well.

Just because you're like some people – me for example – your career will have many twists and turns. It may slump or drag for a while and then take off when you finally hit your stride. And who knows when that'll happen? After all, there's definitely a random component to it. None of us is in complete control, that's for sure.

And while maturity does make life easier in many ways, you never want to lose that childlike belief that anything is possible and regular folk like you and me can achieve amazing things if we set our minds to it. While I can't point to a study, I've definitely observed the power of dreams. They can and often do become self-fulfilling prophecies.

ated: Why You Become Happier With Age

