

Junior Member of the Year

CV and Personal Statement

Ensure correct spelling and grammar is used and that it is well laid out and neatly presented. Perhaps get someone to check it for you as you can easily miss things if you have been staring at the same thing for a long time!

Ensure everything that is asked for in the rules is included. Obviously in some areas you will be able to write more than others but try to balance this out as well as you can.

Sell yourself! Obviously avoid sounding arrogant but don't be too humble either – big yourself up!

Presentation

Ensure that the presentation is well presented and attractive and complements what you're saying without detracting attention from it.

Try to relax as you deliver your presentation; everyone wants you to do well! So speak loudly and clearly, at a sensible pace and rehearse it prior to the competition. Try to engage with the judges by being expressive and maintaining eye contact and most of all, smile and try to enjoy it!

Keep to the time scale. You have a broad time scale to fill. Don't make it too short or you will miss gaining valuable points but don't ramble on too much to fill the time or go over and send the judges to sleep!

If possible, try not to read your speech and if you do need to have the speech in your hands to make you feel more comfortable, have it on cards rather than big flappy pieces of paper! Hopefully you can use your presentation as a prompt of what to say next though and you will know your subject well enough not to have to read too much – after all, it is about you!

The marks are equally balanced between experiences in and out of YFC so try to balance your presentation accordingly – even though it is a YFC competition remember there is more to life than YFC (apparently)!

Interview

Dress smartly, as if you are attending a job interview.

Reread your personal statement and CV just before you go in, just to refresh yourself on what you have wrote so that you can expand on it in your interview.

A lot of the advice stands from the personal statement and CV – big yourself up and enjoy it!

Helen Yates

County Chairman 2013-14