

# 30-Second Commercial

A 30-second commercial is a brief statement of what you consider yourself to have become at this stage of your life. You can use it to introduce yourself to employers at job fairs or respond to that interview icebreaker, "Tell me about yourself."

1. Make a list of your strengths. List as many as possible. Choose three or four strengths that you want to include in your commercial. Create specific examples of your strengths.
2. Mention your education, work experience, and special skills.
3. Add a closure, unique to e