

Career Development

First Impressions

It takes a matter of seconds for someone to form an opinion of you and once formed this opinion can be particularly difficult to change, therefore it's important to make your first impression a good one. In this module we explore how impressions are formed, how to ensure you make a good first impression and the steps you can take to recover when things go wrong.

In this Module

Videoscribe explainer video, with professional audio (duration: 04:16)

English Subtitles

11 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. 55% of first impressions are based on our appearance, 39% on our tone of voice and just 7% on what we say.
2. Studies suggest that an individual's most memorable feature is their smile.
3. Almost 90% of communication is non-verbal, so be aware of the signals your body is sending.

