

Structured practice with the interview process can reduce anxiety, build skills, and increase confidence for real-world interviews.



For more information on **InterviewPREP**, please contact:
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Other programs that we offer:

- LifeMAP for Adults
- Practice Interview
- WorkMAP
- CollegeMAP
- LifeMAP for Teens

Visit our website, www.aane.org, for more information on all our programs.



The Asperger/Autism Network (AANE) was founded in 1996 by a group of parents and professionals dedicated to improving the quality of life for people with Asperger Syndrome.

The Asperger/Autism Network (AANE) works with individuals, families, and professionals to help people with Asperger Syndrome and similar autism spectrum profiles build meaningful, connected lives.

We do this by providing information, education, community, support, and advocacy, all in an atmosphere of validation and respect.



InterviewPREP

Preparation & Rehearsal Employment Program

InterviewPREP
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What is InterviewPREP?

Although many adults with Asperger Syndrome (AS) have high IQs and post-secondary degrees, they frequently struggle to get the jobs they desire.

Job interviews can be particularly difficult because of challenges with pragmatics, theory of mind, and social communication

many people with AS experience. Adults with AS learn by doing. The experiential approach has been demonstrated to be most effective in learning and integrating new skills.

In response to this need, AANE has designed a 10-session intensive job interview training program:

InterviewPREP

(Preparation & Rehearsal Employment Program). Every **InterviewPREP** client is paired with a coach to work on specific job interview-related goals. The client participates in a series of practice interviews with professionals, who provide structured feedback on the client's performance.

Between interviews, the client's coach reviews feedback and prepares for the next interview.

Who is InterviewPREP for?

The program is designed for individuals with AS who have clearly-defined employment goals, but who could use some extra help preparing for the job interview process.

Goals of the program:

- Teach and reinforce necessary skills for job interviews.
- Increase clients' familiarity with the job interview process.
- Provide opportunities to rehearse job interviews in a low-pressure setting.
- Offer clients feedback about their interview performance.
- Boost clients' confidence and reduce anxiety about the job interview process.
- Provide a framework for further coaching and skills development.

The curriculum includes:

- The employment process
- Self-presentation
- Standard interview questions
- Elevator speech
- Nonverbal communication and body language
- Phone and email etiquette
- Behavioral interviews
- Interview "do's" and "don'ts"
- *and more*

Program logistics:

- Client intake
- Session 1: First interview with professional.
- Sessions 2-4: Client works with coach on interviewing skills.
- Session 5: Second interview with professional.
- Session 6: Client works with coach on areas for improvement based on professional's feedback.
- Session 7: Third interview with professional.
- Session 8: Client works with coach on areas for improvement based on professional's feedback.
- Sessions 9-10: Wrap up and recommendations for the next steps.

Location: All coaching sessions will be held at the AANE office in Watertown. Interviews with professionals may be held at the AANE office or at job sites.

Fee: The intake costs \$250, each session and interview costs \$118/hour.