

# 12 things that ruin a first impression immediately

- I. **Complete this worksheet with a suitable word.** Write the full word even if the first letter is given. Then click on Finish to see how well guessed.

## NUMBER 12: A WEAK HANDSHAKE

A flimsy handshake can be a real first impression k\_\_\_\_\_. ! The interviewer will think you are shy, anxious, un\_\_\_\_\_ or even completely in\_\_\_\_\_.  
You should grip the hand firmly and for \_\_\_\_\_ than 2 seconds: it will show c\_\_\_\_\_ and capability.

## NUMBER 11: KEEPING YOUR HANDS IN THE WRONG POSITION

You've got to be mindful of where you keep your hands at a b\_\_\_\_\_ meeting or at a conference. Putting them on your lap is ok, but never keep them in your p\_\_\_\_\_, otherwise it will give the impression that you're h\_\_\_\_\_ something!  
Customs and c\_\_\_\_\_ play an important role: **although** folding your hands gently on the table is totally okay in the w\_\_\_\_\_ world, **such** position is considered r\_\_\_\_\_ in Japan and India.

## NUMBER 10: CHEWING GUM

**Although** chewing on gum can make you look more f\_\_\_\_\_ and a\_\_\_\_\_ in casual situations, **such** behaviour is inappropriate when you meet someone for the first time: it makes you look im\_\_\_\_\_, self- c\_\_\_\_\_ and lowbrow.

## NUMBER 9: AVOIDING EYE CONTACT

People who maintain eye contact during a conversation are often seen as more confident, attentive, i\_\_\_\_\_ and trustworthy, whereas avoiding eye contact will make you appear less s\_\_\_\_\_, more anxious and even un\_\_\_\_\_.  
Don't stare at the other person, but try to lock eyes from t\_\_\_\_\_ to time, especially when you meet someone for the first time.

## NUMBER 8: PLAYING WITH YOUR HAIR

You could be sending the w\_\_\_\_\_ message if you play with your hair when meeting new people. For instance, they might believe you're trying to fl\_\_\_\_\_ with them! You don't want to look un\_\_\_\_\_, anxious or uncomfortable either: **such** traits are un\_\_\_\_\_ in official situations! If playing with your hair becomes excessively r\_\_\_\_\_, it could even be a sign of COD!

**(Obsessive-compulsive disorder (COD))** is a **mental disorder** in which a person has **certain thoughts repeatedly** (called "obsessions") or feels the need to perform **certain routines repeatedly** (called "compulsions") to an extent which generates distress or impairs general functioning. [Wikipedia](#).

## NUMBER 7: PICKING THE WRONG CONVERSATION TOPICS

You should play it safe and a\_\_\_\_\_ the general taboo topics, such as h\_\_\_\_\_ problems, m\_\_\_\_\_, r\_\_\_\_\_, p\_\_\_\_\_ or personal problems and complaints.

# 12 things that ruin a first impression immediately

## NUMBER 6: INVADING SOMEONE'S PERSONAL SPACE

If you stand too c\_\_\_\_\_ to them, you may come off as a \_\_\_\_\_.

If you stand too f\_\_\_\_\_ a\_\_\_\_\_, you will seem un\_\_\_\_\_.

## NUMBER 5: MAKING DISTRACTING NOISES

Don't tap your f\_\_\_\_\_ or fingers: it can indicate n\_\_\_\_\_, irritation or im\_\_\_\_\_.

Don't drum your p\_\_\_\_\_ on the desk.

Don't crack your knuckles: it's one of the most a\_\_\_\_\_ sounds according to a survey by the New York Times!

## NUMBER 4: CONSTANTLY CHECKING YOUR PHONE

**Although** the average person checks their phone 110 times a d\_\_\_\_\_, it comes off as extremely im\_\_\_\_\_ when you do it during a conversation. You'll give the impression of being b\_\_\_\_\_ or having better things to do! Don't even put your phone on the t\_\_\_\_\_. Leave it in your bag or in your p\_\_\_\_\_. PERIOD!

## NUMBER 3: FORGETTING PEOPLE'S NAMES

That's probably the most e\_\_\_\_\_ thing you do when you see someone and it's even more h\_\_\_\_\_ if they remember yours! To steer clear of **such an** awk\_\_\_\_\_ situation, you should get into the habit of immediately r\_\_\_\_\_ someone's name after you've been i\_\_\_\_\_. For instance: « Hi Anne! Nice to meet you! ».

## NUMBER 2: BEING LATE

R\_\_\_\_\_ late to a meeting with people you don't know or have a formal r\_\_\_\_\_ with, will shed a guaranteed n\_\_\_\_\_ light on you. You'll seem like an un\_\_\_\_\_ and unorganized person that doesn't r\_\_\_\_\_ people enough to value their time. If you have to run to your meeting, you'll be all disheveled and un\_\_\_\_\_. You can find more about time m\_\_\_\_\_ skills on the internet.

## NUMBER 1: THE WRONG ATTIRE

Remember that people DO judge (*emphatic form*) a book by its c\_\_\_\_\_ within 7 seconds on setting eyes on us!!!!

Statistics c\_\_\_\_\_ that 55% (fifty-five percent) of the first impression is based on a\_\_\_\_\_.

The size of your paycheck can even be influenced by your height, weight, h\_\_\_\_\_ c\_\_\_\_\_ and make-up! Try to be conservative in your choice of c\_\_\_\_\_, be polished and don't use heavy p\_\_\_\_\_ or tons of make-up.

# 🤖 12 things that ruin a first impression immediately 🤖

II. Now watch the video (10 mn) and correct your answers.



[youtube.com/watch?v=JrbnTZPjg0k](https://www.youtube.com/watch?v=JrbnTZPjg0k)

**Make sure you know how to translate the following words (Use Word Reference):**

copy them in your English notebook with their translation and write the sentence given as an example.

flimsy/ to grip/ mindful/ on your lap/ otherwise/ a custom/ although/ to fold/ lowbrow/ trustworthy/ a complaint/ to come off/ knuckles/ to steer clear/ to shed (a light)/ to value/ disheveled/ polished/ an attire

**SO or SUCH?**

<https://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-102135.php>

**THOUGH/ ALTHOUGH/ AS THOUGH**

<https://www.anglaisfacile.com/exercices/exercice-anglais-2/exercice-anglais-112689.php>

**Have fun with Chandler's job interview:**

[youtube.com/watch?v=36LxvgdFZxo](https://www.youtube.com/watch?v=36LxvgdFZxo)

