

Green Light Phrases for Job Interviews (and red light answers to avoid)

Adapted from: George Stern's 2025 Resource: "What Not To Say in Job Interviews and What to Say Instead"

Avoid: "I don't have any questions."
Why it's a problem: It suggests a lack of interest, curiosity, and awareness.
Better option: "What does success look like in this role in my first six months?"

Avoid: "I'm not very familiar with your company."
Why it's a problem: It indicates you didn't prepare and might not be interested in the role.
Better option: "I've done some research on your company and found _____ particularly interesting— I'd love to hear your perspective on it and learn more.

Avoid: "I was let go from my last job."
Why it's a problem: Getting fired can be perceived negatively by employers.
Better option: "While my last job ended sooner than anticipated, I've used the time to sharpen my abilities in _____."

Avoid: "I'm open to any job right now."

Why it's a problem: It could suggest a lack of focus or true enthusiasm for the position.
Better option: "I'm eager to apply my strengths in _____, and this position seems like a great match."

 Avoid: "I don't have any weaknesses."
Why it's a problem: Sounds like you lack self-awareness.
Better option: "I've made a focused effort to improve in _____ and through actions like _____, I've seen clear results."



Avoid: "I'm bad at time management."

Why it's a problem: Don't just list weaknesses—show growth.

Better option: "I've made steady progress with time management and prioritization of work by incorporating ______ tools into my daily routine to stay on schedule and deliver quality work."

Avoid: "I hated my last manager."
Why it's a problem: Speaking negatively about past employers is a red flag.
Better option: "My previous role gave me valuable experience, particularly in X, and I'm excited to take on something new."

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Avoid: "How much money will I make?"

Why it's a problem: It may give the impression that your primary motivation is compensation rather than a genuine interest in the role.

Better option: "I'm excited about this opportunity and would like to understand the compensation range to ensure it aligns with my goals."

Avoid: "I know I'm not qualified for the job, but..."

Why it's a problem: You're minimizing your value right away, instead of promoting yourself and your skills.

Better option: "Although my experience doesn't check every box, I bring transferable skills, such as _____, along with a proven ability to learn quickly and a strong drive to succeed."

Avoid: "I don't have any career goals."

Why it's a problem: Employers want to see ambition and direction.

Better option: "I aim to make a strong positive impact in this role from the start, while also working toward expanding my expertise in ______."

• Avoid: "When do I get a title bump or get to climb the corporate ladder?"

Why it's a problem: This lacks professionalism and may sound too entitled or too focused on personal advancement or titles.

Better option: "Can you describe the typical path for professional development within the company and how employees are supported along the way?"

Green Light to Success: Accelerate Your Way to a Winning Interview

Document adapted by:



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