



**LESSON #3: POISE PACKS
A PUNCH**

Ashley Scott, 25

As a model, Scott got lots of practice making great first impressions on go-sees. This fall, she plays the daughter of Batman and Batwoman on The WB's action-adventure series *Birds of Prey*.

Stand up for yourself "Whenever I meet someone, I think of how my mom used to smack me in the butt to remind me to stand up straight. It worked: If you have good posture, your body is saying, 'Hey, I'm proud of myself!'"

Clean up your act "Behaving like a lady makes a difference! But sometimes when I'm at an audition, a curse slips out. I also try to keep my nails manicured and my hair neat—I use a tiny bit of Johnson's Baby Oil to keep it from sticking up. The assumption is that if you care about what you look like, you'll care about doing a good job."

Be friendly—just not too friendly "I broke up with my boyfriend recently, so I've been dating, and it's so nerve-racking. I try to make a good impression by not kissing on the first date. I try not to, but sometimes I can't resist!"

**LESSON #4: KNOWLEDGE
IS POWER**

**Sydney Tamiia
Poitier, 28**

(Opposite page) A veteran of six films, she's the eponymous lead in the UPN sitcom *Abby*. And yes, she's the daughter of *that* Sidney Poitier.

Do your homework "I feel most confident when I'm really, really, really prepared for a meeting or audition."

Lighten up "I don't usually wear makeup because I like to look like myself. At work, I give my lips a bit of shine with Lancôme's Juicy Tubes. I also use Shiseido's Uemura foundation because it comes in many shades, and my skin is a really hard tone to match."

Show off your shape "I've got a curvy butt, hips and thighs, so I like jeans that are not too tight and fitted tops with V necks or dramatic scooped fronts to show off my shoulders and neck."