

## How to Deal With Interview Stress

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I have found more often than not that preparing for a job interview is usually more stressful than the interview itself. There's something about the unknown territory you will be entering with each interview that can really put the nerves on edge. It's common, and while it may not be fully treatable, part of your interview preparation should include remaining calm throughout the process: from prep to the final thank you note. Follow these three tips to ensure your next interview goes smoothly and is completely free of panic attacks.

### **Prepare To Be A Little Prepared**

It goes without saying that the more you can do to prepare for your interview, the better off you'll be. However, you must accept the fact that you won't be able to control exactly how the interview goes or what questions you will be asked. It's important to be able to take a step back and accept that. There's nothing you can do about that which you do not know.

### **It's Not Me, It's You**

One of the least popular parts of an interview is being asked, "What questions do you have for me/us?" It's very easy to take the attitude of, "Look, I just spent 30 minutes talking about how great I am and how much you need me or your company will collapse, now you want to talk about you?" but it's not recommended.

Just because you are the interviewee does not mean you are the only one auditioning for a role. Be sure to spend as much time as you can researching the company you are interviewing with, because they're not just selecting you, you have to select them as well. Put together a list of questions to ask them before going in. Ask about their culture, [brand](#), strategies, or even where they want the company to be in 5 years. No reasonable question should be off limits.





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## Confidence Is Key

Remain confident throughout the entire process. You should get a confidence boost the second your interview is scheduled. Let yourself feel wanted and know that the hiring manager wouldn't have called if you weren't qualified and a good candidate for the job. Sometimes it's easy to forget that a job interview isn't a donation from an employer - it's a vote of confidence that a company thinks you're worth investing in.

It's one thing to be confident beforehand, but it's really important to remember to bring this confidence into the actual interview. Lisa Quast, [a Forbes contributor](#), said, "Remember that you are "on-stage" from the moment you pull into the parking lot until after your interview when you're leaving the parking lot. And, be polite and professional to EVERYONE because you never know when the people you meet will report back to the hiring manager with his or her thoughts on their encounter with you."

What are some ways you deal with interview stress? Let us know in the comments below.

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