

HOW TO SETTLE YOUR NERVES BEFORE AN INTERVIEW



Summary: *Do your part to be ready for any interview, but don't let the anxiety of not getting the job overpower the interview.*

No matter how important the interview or how far along it is in the hiring process, it feels like the biggest determining moment that will affect the rest of your life. You constantly fret about how important it is to get the job or internship because will lead to more opportunities, etc. While this may be true there are always other opportunities and being so stressed out will ruin your interview.

Read [How to Dress for Job Interviews](#) to perfect your job interview attire.

Typically the number one thing on everyone's mind before an interview is "How do I get them to like me?" You might spend countless hours preparing for the interview by perfecting your outfit , researching the company, and holding mock interviews to practice but none of this will do anything if you are so stressed about being the perfect candidate that your mind is jumbled.

Read [Top 3 Ways to Prepare for Any Job Interview \(How to Prepare for an Interview\)](#) to be prepared.

Remember that while having a job is important, you don't want to do everything to get a job that you don't end up liking. The company may not be a good culture fit for you or provide you with a high enough income to survive after paying your bills. You want to impress the hiring manager but you also want them to impress you.

Read "[Culture Fit](#)" [Questions You Can Expect During an Interview](#) to learn how to practice for interview questions.

Finding a place to work that is a good fit for you is more important than just taking a job for the sake of it. Working for a company that has the same values and goals will be more important in the long run than taking the first job opportunity that comes along.

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