

# CAREER EXPERTS GROUP

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## ASK THE EXPERTS

JULY 2022

### INTERVIEWING

#### I have extreme interview anxiety. What can I do?

The more preparation and practice that you do, the more confident you will be. The more confident you are, the less anxious you will feel. And remember that you are not alone; most people feel anxious about job interviews.

1. Do your research on the company, its competitors, and the people you will be interviewing with.
2. Prepare STARR (Situation, Task, Action, Result, Related) stories to help you stay focused when answering interview questions.
3. Practice by participating in mock interviews.
4. Use positive affirmations to push out any negative mindset obstacles. Focus on your strengths.
5. Rationalize your fears. Remember that it is our perception of a situation that causes anxiety, not the situation itself. Try to identify any negative thoughts you have about the interview and challenge them.
6. Remember that you wouldn't have been selected for an interview if the employer didn't think you were right for the role.
7. Take a breath before answering interview questions.
8. Play motivating music, like the theme from Rocky.
9. Try "power posing." Power posing is adopting powerful, expansive body language. For example, the Superhero Pose—legs wide, hands on hips, chin raised—is a powerful posture and it can make us feel more confident and can even help us perform better. On the other hand, powerless, contractive body language—such as self-hugging—can make us feel less confident and can negatively affect performance. Numerous studies have found that standing in a Superhero Pose can leave you feeling powerful, confident, and positive. Study participants told researchers they felt stronger when they engaged in power poses and upright postures.
10. Think of the interview as a conversation, not an interrogation. It's also an opportunity for you to ask your own questions about the position.
11. Put the interview into perspective and don't lose sight of the big picture. Remember it's not the end of the world if you don't get offered the role. There will be other opportunities.

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