



## OVERCOMING STRESS AND ANXIETY

FOR MORE, VISIT  
[careers.humber.ca/resources](https://careers.humber.ca/resources)

INTERVIEW PREPARATION RESOURCE

### WHAT CAN I DO TO STAY FOCUSED?

It's completely normal to feel nervous before an interview, especially if it's for a job application that you've been anticipating a response to! With that said, sometimes you can experience stress more intensely than usual. In cases of extreme stress or anxiety, it's important to keep the following tips in mind to stay focused during the interview.

#### **Don't just answer questions, ask them!**

Remember that interviews are a two-way street. You may feel more in control by having questions to ask that will help you to know the answer to. It also helps to make small talk before the interview to set the tone - if you can show the interviewer you're comfortable, your mind will often follow.

#### **Rewire your thinking.**

Sometimes, an interviewer may place pressure on you in order to measure how you respond to stress. Before immediately resorting to negative thinking, remind yourself that every candidate is receiving the same treatment. Understand your position and frame your weaknesses as opportunities for learning.

#### **Take your time.**

When asking questions, interviewers don't expect you to have the perfect answer right away - so don't expect it of yourself. Take the time to listen to the question, confirm that you understand it correctly, and answer to the best of your ability without rushing.

#### **Release energy.**

Body language is key - it can either make you appear nervous or enthusiastic. If you tend to fidget, try using that energy through your hands when answering questions. Storytellers use animated hand movements to captivate an audience - this is the same technique. Alternatively, you can move other parts of your body, such as your feet, to release energy in non-obvious ways.



# RESOURCES

CAREER  
RESOURCES  
Humber Advising  
& Career Services

FOR MORE, VISIT  
[careers.humber.ca/resources](https://careers.humber.ca/resources)

## WHAT CAN I DO TO PREPARE IN ADVANCE?

Besides reviewing our other resources for interview preparation, here are some more ideas for preparing before an interview that may alleviate some stress!

- Think about what questions might make you nervous, and practise for those the most
- Roleplay interviews with others (Career Support Peers can help!) and ask for feedback
- Make notes when constructing answers instead of a script; they're easier to remember