

Interview Jitters

Stephen F. Austin State University | Center for Career and Professional Development

It's perfectly normal to get the jitters before an interview. However, knowing how to combat these nerves before they overwhelm you will mean success once the spotlight is on you!

Prepare, prepare, prepare

The key to reducing nerves is to prepare for the interview as much as possible. Research possible interview questions and write out main points you would like to address. Try on your interview outfit beforehand and be sure it fits well and feels good. Research the company and position so you are informed. Complete a [mock interview](#) in CCPD so you feel warmed up and ready ahead of time.

Observe

Every interview is a two-way street. While the company is interviewing you, you are also obtaining information about the company and position. Focusing on your own observations rather than on how well you're measuring up to the interviewer will help you relax and give your mind a better outlook throughout the interview process.

Keep up the conversation

An interview is best approached as a conversation between two nicely dressed people. Treat every question as you would one at a dinner party. Answer carefully with thoughtfulness and in a conversational tone. Make sure to ask the interviewer questions of your own to uphold your side of the conversation.

Psyche yourself out

You feel nervous because you care about the result of the interview. Using reverse psychology, tell yourself why this particular interview isn't that important. Remind yourself of other job opportunities or treat it like a practice interview. If you can convince yourself the interview isn't life or death, it likely won't feel that way anymore.

Prove them right

An interviewer has reviewed your résumé and pre-screened you before the initial interview. This means that they believe you have what it takes to be successful in the position. An interview is your chance to prove them right. So why not do just that?

Visualize success

Visualizing interview success is a great way to imagine the interview in a way that will generate a positive aura you can carry with you into the interview.

Visualize preparing for the interview. When arriving, use your senses to determine the setup: light, colors, objects. Hear the interviewer's gentle voice greeting you. You feel calm and confident as you introduce yourself. With each question you provide descriptive, intuitive answers. You sense the close of the interview and imagine the interviewer welcoming you aboard!