**YouTube and other helpful links**  
Interview Preparation / How to deal with interview nerves

Interview Preparation  
  
The following video will show 9 things you should do before an interview:  
<https://www.youtube.com/watch?v=zA_WJdktlrA>  
  
Some of our tips:

1. Get a good night’s sleep the night before and set your alarm. You will feel better.
2. Do your research. Know the company that you are interviewing with, this will show that you are truly interested in the company.
3. Prepare questions beforehand. Know the answers to basic questions that they will most likely ask you. Also, come up with a few questions about the company or position you are applying for, to show that you are interested.
4. Make a few copies of your resume, and put them somewhere where you won’t forget to bring them.
5. First impressions are important. Take a shower, brush your teeth and make sure your clothes are clean.

How to deal with interview nerves:  
  
Top 5 tips to deal with interview nerves:  
<https://www.youtube.com/watch?v=1jhkEtvH6s8>  
  
  
Some of our tips:

1. Go for a walk: take five minutes before you enter the building to walk around and clear your head.
2. Take a few deep breaths.
3. Tell yourself all the things you need to hear: “you are smart”, “you are qualified for this role”, “you are going to do it great”.
4. Smile: It is not a secret, smiling makes you feel more confident.
5. Remember, it is just a conversation. You are facing one, maybe two people, and having a nice conversation about your career.