

How To Prepare for the Interview and Face It?

The article provides a comprehensive set of suggestions. However, it is important to begin with just a few simple ones which you think are most important for you, and do not take much time. Try these for a week or two. After you see beneficial results of these, you may like to include some more.

The following is just a suggested plan. The best plan is what you develop for yourself based on the material in the article and other books.

Preparation:

While you look for a job, many things like market condition etc are beyond your control. Still you have to apply the serenity principle and do your best with a +ve mindset, and without fear. Insist on enjoying the process of preparation, and don't be desperate about the end result. This reduces stress, the process is joyful, and the efficiency improves.

Think clearly which type of job and companies you are targeting and why. Be realistic and practical in the process. Once the reasoning is clear, preparation is easier.

From the company and job profile, and several other sources like alumni working there or in similar jobs, find out about the job requirements, nature of interview and so on.

With the above information, you know what you need to prepare, and what is the time frame for the preparation. Prepare an action plan regarding the same keeping in view the normal activities which you have to do. Bring it down to the weekly/daily level. Any imbalance regarding preparation for the future and the requirements of the present creates stress and unhappiness.

Please remember that interview requires preparation from multiple courses. The vastness of the resources to study can be intimidating. However, there is no need to fear, you need to be smart, systematic, persevering and efficient. It can't happen over a few days. You need to work long term on it so that you can be relaxed on the interview day. The interviewer is interested more in concepts and logic rather than memory based things. They want to check your aptitude, technical concepts, and confidence. They don't mind even if you don't remember something. However, when they give some leads/hints, they expect you to logically reach a conclusion. In some cases, the question does not really have a clear cut answer. They want to see how you apply logic to an open ended problem.

Be prepared to introduce yourself, and conveying why they should hire you. You never know exact time period given for such a thing, but you can have a reasonable estimate from seniors who have gone through the process with them. It is best to have bullet points which you can explain depending on the allotted time.

Diet is the first casualty on a stressful day. However, for your brain to be alert and energetic body, you must take extra care to have a not very heavy, but energy rich diet, particularly breakfast.

When you detect lack of energy, have some healthy snacks or drinks. In addition, if needed, have a short nap for 5-10 minutes. These can be extremely refreshing. Never exceed 15 minutes, because you feel drowsy after that.

When you have to work for long hours, you must take some deliberate short breaks to reduce stress. Do anything like taking a short walk alone(outside better. Avoid crowded places), or a bathroom break. Washing your face and eyes is very useful. You can even have some light talk with friends.

In addition to doing the following at other times(before going to sleep and after waking up), do these compulsorily at the beginning of your preparation.

1. May God give me the strength and wisdom to find joy in this preparation, and do my best .
2. Through my love, I attract adequate, appropriate help in this preparation. I am grateful for the same.
3. I feel energetic, peaceful and confident.
4. May all the batch mates also do well and find joy in these tasks.
5. I love this preparation, it is very interesting and useful.

Whenever you detect worries, anxiety or negativity about the future performance, or when the past bad performance haunts you, change your thoughts using the slide or substitution strategy described in the article. Lovingly, come back to the present task as quickly as possible. If nothing works, do deep breathing to become peaceful. Always, learn from the past to see what worked well and what didn't and why.

On the day of the interview, don't try to prepare extensively. You can just revisit the general strategies to remind yourself about "do's" and "don'ts". It is very important to make all efforts to remain very relaxed and peaceful. Use the above mentioned techniques for the same.

Sometimes, the interview day can be taxing due to various reasons. Keep a stock of energy rich refreshments(biscuits, small bottle of lemonade etc).

Facing the Interview:

When you are waiting for your turn in the outside hall, do not allow the worry thoughts to enter your mind. Use the following to reduce stress. Thank the company for the opportunity of the interview, and wish for a good business for them. Look at other candidates with a smile and pray for their doing best in the interview. Then pray for strength and wisdom to remain calm during the interview. Pray for the love and harmony for the experts in the interview panel. Pray for a

harmonious and relaxed interview. Do deep breathing if required. Keep a smile on your face throughout. If the wait is long, periodically use wash room and wash your face and eyes. These measures will definitely reduce stress and make you peaceful. In interview you are judged not only for your technical knowledge and aptitude, but your positive personality as well. Your body language, including eye contact is very important in this respect. When you enter the interview hall and take your seat, look at the experts, make an eye contact and wish them " good morning", etc depending on the time of the interview. Take a relaxed position on the chair(never sit on the edge). Keep hands on the arm rest, and feet steady. Keep a smile on your face throughout the interview. While the Chairman is introducing you to the experts, take deep breaths, and pray for peace, love and harmony during interview. With eye contacts with every expert, pray for their well being. All these do not even take more than a minute or two. But these are extremely important to remain relaxed.

Many a times, The Chairman asks you to tell about yourself, and how you could be useful to them in a few minutes. You must stick to the prepared plan. However, you have to be smart in managing that in a given time frame. The idea is to cover all important points, emphasizing your strengths.

When questions are asked, keep the eye contact with expert, take a deep breath and try to understand the question. Do not be in a hurry to answer. If the question is not clear, do not hesitate to seek a clarification. The experts like it. Moreover, it gives you those precious extra few seconds to figure out an answer. Quickly, but peacefully decide whether you can answer the question. If not, tell them politely that at the moment you do not have an answer. Most of the times, the experts like that frankness, and give you some hints. If you can logically extend that, then go ahead slowly. Don't waste your or experts' time if you can't. The time per candidate is limited and this way you create room for other questions to be asked which you may be able to answer. Do not lose composure even if you can't answer some questions. Almost all candidates will get some questions they can't answer. You will get lots of short breaks when the experts are speaking. Keep on praying for calm. It is easy. When the interview ends, thank the experts and say that it was a wonderful learning experience.