



# Interview Anxiety

*If you are nervous about the interview portion of your BVT application, you are **not** alone! Even adults tend to get anxious when they have to do an interview for college, a graduate program, a job, etc. It is a very normal, human reaction.*

*We know that this is the first time that the majority of you will be completing an interview and we expect that you may be nervous. We are mindful of that and promise we will do our best to help you feel comfortable. Below you will find some tips for helping you to feel as prepared, calm, and confident as possible.*

- 1. Accept You May Feel Anxious:** When people accept that something makes them anxious, the anxiety tends to lose some of its power.
- 2. Dress For Success:** Looking professional is part of the interview process. For our purposes, we want you to dress in something considered school appropriate according to your school dress code just like on any other school day. Choose something that makes you feel comfortable, confident, and most importantly like yourself.
- 3. Eat Well:** Hunger can make it more difficult to think clearly and manage your emotions. You'll feel better in your interview, if you keep it in check!
- 4. Practice:** People tend to feel more comfortable answering interview questions when they've had some practice. It can also be helpful to think back to your practice answers if you do get nervous during the real interview. Ask your family, friends, school counselor, etc. to play the interviewer for you. We have some practice questions posted on our website.
- 5. Brainstorm:** You may feel more confident if you make a list of things you would like to mention during the interview and review it prior to stepping into the interview room. You can also think back to your list during the interview, if you do get nervous or are unsure of what to say.

6. **Be Yourself:** The interview is all about telling us who you are and luckily anxiety tends to fade when you are talking about things that matter to you. Don't be afraid to put yourself out there. We are not looking for one kind of student. We are looking for students of all kinds.

7. **Cleansing Breaths:** Take a few cleansing breaths while you are waiting to go into the interview room or even during the interview itself, if you start to feel anxious. It may help you to feel more at ease. Where do you feel the breath the most? The inhale or exhale? In your nose, chest, belly? Focus on that strong sensation as you breath in and out.

8. **Worry Stone:** Some people have an easier time focusing on the here and now if they something to physical to hold onto and manipulate. If this sounds like you, you may want to keep a worry stone or something similar in your pocket that you can access if you feel nervous before or during the interview.

9. **Accommodations:** If you normally get classroom accommodations that might help you in the interview, let us know! Just like you shouldn't lose points on quizzes or tests for accessing your accommodations in your classes, we do not deduct points on the interview for giving students what they need to be successful. Not asking for those things could put unneeded stress on you. We want to help you do your best!

**It is okay if you find yourself feeling  
anxious during your interview.**

**Most people do. It's completely normal.**

**We understand and we will get through  
it together!**

