

# 11 Things You Should Do In The 15 Minutes Before A Job Interview



The 15 minutes before a job interview, what can you do? It's a very short time and you will be called anytime for the interview. Instead of doing nothing while waiting, here are some suggestions for you in that 15 minutes before a job interview:

## **1. Arrive early**

Few things can shake you more than running late to an interview, so always plan to arrive early. Being too early can actually place unnecessary pressure on your interviewer, so you may wait in your car or a nearby café in the case. According to career coach, you shouldn't walk into the office building more than 10 minutes early. Interviewers are not supposed to attend you earlier by dropping what they are doing at that moment.

## **2. Stay calm and keep waiting**

Your body releases stress hormones such as cortisol and epinephrine when you become stressed. It depends on the level of your stress which can slightly or greatly inhibit your ability to think. Ensure that you remain calm and cool in the minutes before interview. It allows you to listen better and stay focused on how to best respond during the interview later.

### **3. Exercise breathing**

This associates with the first tip, which is to stay calm. You may focus on your breath and count it to 10 before the interview, it helps a lot when you are stressed up.

### **4. Focus on your posture**

Always present yourself in a power pose during the waiting moment and keep the pose until the end of the interview sessions. Ensure you look confident.

### **5. Be friendly to all everyone you meet**

When you walk into the office's waiting room/ reception area (which should be about 10 minutes before your scheduled interview time), remember to be nice to everyone you encounter, should they be the receptionist, security guards, or whoever greets you. It shows about your personality on that day and give your positive energy by doing so. It is very likely the people you encountered earlier maybe report to your hiring manager about you too.

### **6. Remind yourself of your key things about you**

Set only one or two key things about you which you want to stress in yourself in regarding to the job. Is it your research skills? knowledge? management skills? Although you may be good in many things but presenting yourself in the way that you are good in many things may lose interviewer's focus on what they really looking in you. You just need to concentrate in one or two key things which employers are looking for.

### **7. Review your notes, but avoid last minute research unless that is essential**

You should have done your research well prior the day of interview. If you have any notes for yourself, this is a good time to look them over again. However, do not do last minute research because it is not something which you could learn during the short term and you may fall in the gap of knowing and not knowing. It is not a good thing as you could not speak about it confidently about your interview too so why trouble yourself with extra stuffs? Unless that is super important which you miss to learn earlier.

### **8. Stop rehearsing**

Don't use this time to avoid yourself from being over-prepared, which can make your interview seem scripted with rehearsed responses. Just calm down and go for the interview in the best situation when you can just talk like how you talk normally, be you be original. Don't fake to be what you aren't. You just need to remember of the content of what to be answered, but not the way you should answer.

### **9. Reflect your appearance in mirror**

Get into a nearby restroom or clothing store to check yourself out in the big mirror. You may have left the house looking like a pro, but anyway you could still arrive looking like a vagabond. Utilise the last 15 minutes to wash your hands and make sure you look clean and your palms are dry. Be sure not to change your attire/ shoes in the office area.

**10. Practice positive visualization.**

Professional athletes do it. So do actors, yoga instructors and new age thinkers who sleep under makeshift pyramids to absorb that mystical energy. It's called positive visualization– and it works. It really does. In the minutes leading up to the interview, you may picture yourself sitting opposite the interviewer. Picture yourself being relaxed, comfortable, at the moment of interview. Play that clip over and over again in your mind until it becomes so familiar, it actually becomes a part of your self-image, and when the moment comes, you will be more relaxed with the familiar situation you pictured earlier, and helps you a lot in doing well in your interview.