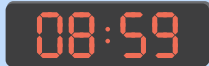


DO



NERVES

Arrive ahead of time. This will give you time to relax and go over your resume and any other notes you might have brought.



GREETING

Greet with a smile and a handshake. This shows them that you are confident, and someone that they may want to work with.



COMMUNICATION

If you're nervous, say so. Most employers understand that interviews can be a stressful time, so if you are feeling nervous it's okay to let them know.



HONESTY

Be honest. It's okay to say you don't have experience in the role. Tell them the related work you have completed that is related or your ability to adapt and learn new skills.

DON'T



Chew gum. Whilst it can be good for nerves, it can make you look unprofessional and even rude to your potential employer.



Look at the ground. Whilst it can be challenging to make eye contact at times, just be sure not to look directly at the ground or in a downward direction.



Interrupt the interviewer. Let them finish before you begin to respond. You might miss some key information. Listening you are showing them your ability to learn.



Lie. You want to put your best foot forward, but you don't want to get a job based on lies and not be able to complete the tasks required for the role.