

4 different parts of interview preparation updated on Jan 2025

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The job interview is a crucial part of your job search because it's an opportunity for the employer to figure out if you're right for the job. This page will provide you with information to prepare for your job interview so that you can make a positive and lasting impression.

1. Physical part of interview preparation

Applicants often forget on this critical part of job interview preparation. To have a good sleep and a good meal can be critical.

Also to run a half marathon one day before the job interview is not a very best idea. If your body hurts, your mind will be too focused on it and your interview concentration low.

Best thing you can do is to spend a perfect day, or at least a perfect half-day before your job interview. Do what you like, go for a walk to nature, or watch your favourite TV series.

Do not stress yourself too much in the last moments. That's never positive. Go to bed early the day before your job interview and have a good tasty breakfast definitely.

Enjoy your time before the job interview, so both your mind and body will be relaxed and ready for the important moment. You will need your best performance in the job interview to have a chance.

2. Informational part of interview preparation

This is the part most of the applicants focus on before their job interview. Of course, it is also a very important one. You should definitely double-check all your materials, your interview portfolio, resume, but also your travel plan and all the little things to ensure everything is at place.

You should read the company website carefully, the same about their Facebook account, Twitter account etc.

Clever applicants will also use Google search feature to check some information about people that will interview them. Armed with all these information you can easily show your strong interest and desire to work for the company and also compliment someone from the interviewers, for their recent achievements.

Don't go into the interview with lots of baggage's - Psychological or physical

If you are asked to bring certificates, references, etc, get them ready well in advance to avoid having to chase around on the morning of the big day.

Research the Company

In general, you want to find out:

what products or services the company sells

who their customers and competitors are

how the company is doing within the industry

what the company culture is like

3. Mental part of interview preparation

It is exactly the mental part of interview preparation where the biggest gap between winners and losers stands. When going to the job interview, it is critical to have the right mindset.

* Be relax

* Listen positive music's or play video game whatever to clear your mind.

* In case that you strongly believe into the last-minute preparation, do it in a relaxing, simple way. Do not bury yourself with tons of papers. That will just confuse you and make you feeling stressed...

4. Practical part of interview preparation

Although all of us have heard that any practice is better than theory, just few apply it also when speaking about job interviews. At your job interview you're certain to be asked specific questions about your CV, your potential employer and the industry, so make sure you've done your homework.

Have a mock interview with a friend based on the interview question's you're likely to face.