

## 6 Things to Never Do Before Interviews

**Summary:** Before arriving for an interview, make sure you have done everything possible to prepare and make the interview a success.



You have **refreshed your resume**, impressed recruiters, and scheduled interviews. Next you set out the perfect professional outfit and prepared your post-interview thank you cards. Before you take off for an internship or job interview, make sure have not forgotten anything else. Take note of these six things you should never do to make sure you're ready:

1. Go in unprepared: This is a no-brainer, but have you considered everything that you need to prepare for? **Research the company thoroughly**, practice **potential interview questions**, and have questions prepared to ask the interviewer.
2. Leave your phone on: You don't want to see or read anything that might upset you on the way to the interview, so shut it down. And the last thing you need during the interview is for it to vibrate or make noise.
3. Go to bed late: Don't go out partying with friends the night before your big interview. Stay in and get a good amount of sleep so that you look refreshed and are free of bags under your eyes.
4. Doubt yourself: When traveling to the interview, don't let self-doubt get the best of your thoughts. Going into the interview assuming you won't get the position will put your nerves on edge.
5. Be overly fragrant: You never know who may have sensitivity to scents. If the interviewer is sensitive it will ruin your interview.
6. Neglect your appearance: Check yourself out in a mirror one last time before heading into the interview. You never know what may be stuck in your teeth or what your hair may have done since you fixed it at home. An impression of you is made by the interviewer in seconds, so make sure it is good.



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