



**REGIONAL EMPLOYMENT EXCHANGE**  
**Model Career Centre, Panaji**  
**4th floor, Shram Shakti Bhavan, Patto Plaza, Panaji - Goa**



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## Report

Regional Employment Exchange, Model Career Centre Panaji had organised an Orientation Session on “Dealing with Interview Anxiety, Rejection and Waitlist” for the Final year Bachelor of Science students of Parvatibai Chowgule College of Arts & Science, Margao - Goa on 18<sup>th</sup> April 2022.

The valuable & motivated Session was delivered by Dr. Charlane Pereira e Rebello M.A, Ph. D SET (Psychology) currently running a Counselling Centre Phoenix in Chinchinim.

The speaker started the session with an introduction to career options and job opportunities available to them. Before getting into the topic she advised the students to do a thorough market research before going to any interview especially the kind of job profile, salary trends and location of the interview.

The Speaker explained the various types of anxiety faced by students at the time of an interview. These may be Communication, Appearance, Social, Performance and Behavioural. The speaker gave everyone an assessment, to gauge the amount of anxiety, they may experience. Depending on the assessment she guided students on what they should do to calm them and not let their anxieties get in the way during the interviews.

The Speaker further discussed ways to cope and handle rejections, making one ready and prepared for the next task so that the performance is enhanced and may result in a positive outcome. Dr Charlane further added pointers to interpret a wait list thus deciding next steps on such an instance. The session ended with the speaker answering questions from the students.

Mr. Dattaraj R. Naik, Assistant Employment Officer has coordinated the event.

Glimpses of Orientation Session held on 18<sup>th</sup> April 2022





