



**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 Commerce students of Carmel College of Arts, Science & Commerce, Nuvem - Goa on 01<sup>st</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 the students. 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.

Ms. Tanvi Dsouza, Assistant Employment Officer has coordinated the event.

Glimpses of Orientation Session held on 1<sup>st</sup> April 2022



Government of Goa

Office of the Commissioner, Labour & Employment

**Regional Employment Exchange, Panaji**

In collaboration with

Carmel College of Arts, Science & Commerce, Nuvem

Organises

**"DEALING WITH INTERVIEW ANXIETY, REJECTION & WAITLIST"**

Venue: Nuvem - Goa

Date: 1-04-2022



Nuvem, Goa, India

8W6V+PWV, Nuvem, Goa 403713, India

Lat 15.311644°

Long 73.94571°

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Nuvem, Goa, India  
8W6V+PWV, Nuvem, Goa 403713, India  
Lat 15.311629°  
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### How to overcome interview anxiety?

1. Be prepared
  - A certain amount of anxiety - healthy
  - Helps you to get prepared
  - Boosts confidence
  - You appear interested at the interview
  - You tend to perform better
2. Your attitude - Appear positive
  - Make it well you make it
3. If possible, do pay your interview visit a prior visit - helps to reduce the feeling of uncertainty



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