



5 Proven Reasons Why Job Interviews Feel So Awkward

Job interview is, in fact, a formalized one-on-one conversation between an applicant and a recruiter. But why does it make us feel cold and nervous? These reasons will tell you why:

1. YOU THINK OF BEING FORMAL.

You gauge on the thought of scoring your first good impression by looking like a formal professional. You only loosen up when the interviewer establishes casualness.



2. INTERVIEWERS GENERALLY DON'T RECIPROCATE.

Job interview is merely a one-way conversation: the interviewer asks you a question and you either get a nod or another question. The awkward part of it is you waiting for a better response.

3. YOU'RE BALANCING HONESTY WITH STRATEGY.

You want to be honest with your employer but cautious of how much you share. You're being careful with your explanations so you will not end up overselling yourself.



4. YOU FEEL AWKWARD AT MARKETING YOURSELF.

You can't help but to feel uncomfortable about marketing your professional value, because it can make you appear arrogant.

5. YOU TRY HARD TO READ YOUR INTERVIEWER'S BODY LANGUAGE.

What does their blank stare mean? Are they really paying attention or just internally judging the way you talk or the color of your tie? You try to interpret the recruiter's body language, which makes you feel uneasy and nervous.



QUICK TIPS TO BEING CONFIDENT AND RELAXED IN A JOB INTERVIEW:



Prepare by researching the company culture.



Show up on time.



Take time to understand the question.



Be concise and straightforward in answering questions.



Smile!

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