



Let's face it, there's one aspect that always nags us and worries us in college, and as we progress through the program, this worry only gets worse - landing an offer. Whether it is regarding landing an internship offer or a placement offer, all of us experience anxiety in some form or the other.

What are some of these worries and how to cope with them? Let's have a look:



1. "What if I don't get a good package?"

Most of us have thought of this scenario - you get through all the interview rounds, and even get the offer letter. Hurray! But then you read it, and you feel all your happiness draining away in one instant. The package is nowhere close to what you were expecting. What do you do?

Ask yourselves 2 questions - 1) "Will this position provide me with a positive exposure to the people who will influence my career progress?" 2) "Am I passionate about this work, or have an incredibly strong desire to have this job?" If the answer to both these questions is "Yes", you should take the offer up. Your passion and interest will automatically drive you, and soon enough you should get a raise to a level that you want, whether in the same organisation or a different one.



2. "What if my friend gets a job and I don't"

Remember that dialogue from 3 Idiots? "Dost fail ho jaye to dukh hota hai. Lekin dost first aa jaye to zyada dukh hota hai" ("We feel sad when a friend fails. But we feel even sadder when the friend gets first position"). Isn't this a similar situation? Most of us will experience this, since it's impossible for everyone to get an offer at the same time. It's natural to experience jealousy in this situation. But it is neither beneficial nor healthy.

One way to cope with this is to accept the fact that all of us take our own time to get where we want to be, and comparison and jealousy may unnecessarily prolong this. The next step is to practice **mindfulness**, which can help you centre yourself in the present

and help you develop a non-judgemental attitude towards others as well yourself. [Here's a video](#) with a simple body-scan meditation technique that can help you be more mindful.



3. "What if I get rejected in the interview?"

This is such a common one. The wait-time before you go in for an interview can be very unnerving, and it can almost feel like the weight of the whole world is on your shoulders. This isn't a pleasant experience.

There are 4 simple steps you can take to get back in control, and even feel more confident before you step into the interview. [Watch this video](#) to guide you through these steps



4. "What if I don't get placed?"

No matter how good the placement track record is at one's college, this is a question that still refuses to die down. It is the ultimate catastrophe, **or is it?**

Whenever this worry nags you, take a step back, take a deep breath, look around you, **find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.** This is a “grounding” technique which will calm you down.

Next, think to yourself, “**is it really the end of the world if I don’t land an offer on campus?**” If you’re not sure of the answer, start preparing a plan B - do some research into other avenues for job hunting, and connect with a professional career counselor.

Finally, remember, no matter what others may say, not landing an offer on-campus is not the end of road, and definitely **doesn’t make you a failure.**

Looking for more tips to overcome placement anxiety? Our Experts are here for you.

[CONNECT TO AN EXPERT NOW](#)

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com.

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