

GET THE JOB

Getting Over New Job Nervousness

Starting a new job is an exciting process but can become stressful as you learn about the position and your co-workers.

Ease your anxiety by understanding that you landed the gig because you impressed the hiring manager with your interview performance and qualifications. Rather than express nervousness, go into a new opportunity with enthusiasm and a commitment to thrive, even if you make a few mistakes along the way.

Your best chance to understand the unknown is through asking questions during the interview. When you're a vocal participant in the meeting, it shows the hiring manager that you are interested in becoming an active advocate to the company.

Keep your questions professional but try to find out the formality of the office, how the workplace is different from others in the industry and ask if a facility tour is available. Having a firm grasp on the occupation that you may potentially enter can help with the jitters once you're hired.

Here are some tips to make the process more comfortable once you're on the job.



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MINGLE WITH YOUR PEERS

Fitting in with a new cast of co-workers can be the most nerve-racking aspect of beginning a new occupation. It's likely that employees already have their tight-knit friends and an understanding of the company culture. Do your best to show interest in cultivating a professional relationship or finding a mentor.

After you establish a famil-

ilarity with your peers, try to build the connection outside of the office. Ask if they are willing to sit down for lunch and dinner where you can ask questions about the company and learn more about one another.

SHOW YOUR WILLINGNESS TO LEARN

When beginning a new position, it's essential to pay attention to the operation's

inner workings. Even if you feel that you're qualified in terms of experience and education, remember that each office is different. Show humility during your training and ask questions about things you don't understand.

When you feel like something can be accomplished more efficiently, try to do it according to the policy before attempting to enforce new methods at first. Of course, as

you become more comfortable with the role and your managers, making suggestions is an efficient way to show your passion.

You should also be willing to accept constructive criticism and avoid overreacting when you make minor mistakes. Understand that as you become accustomed to a new workplace, you're on a learning curve while peers and supervisors express their expectations.

ENJOY YOURSELF

Rather than worrying about starting a new position, enter the experience with a positive mindset. Think of the task as a challenging opportunity that allows you to showcase your talents and make new friends along the way. Soak up even the most minor details like the layout of the office, property and breakroom. Once you're familiar with your surroundings, you may feel more comfortable in the new atmosphere.

Remember that you beat out other candidates because the company wants you for the position. Show your gratitude by expressing your passion for the industry and commit to becoming an effective employee. When you're dedicated to pushing the business's efforts forward, the nervousness of starting a new job can take the back seat.

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HOT JOB PROFILE

AIRCRAFT CARGO HANDLING SUPERVISORS

Number of jobs in 2019: 9,600

Job outlook, 2019-29: 5% (Faster than average)

Employment change, 2019-29: 500

The role: Supervise and coordinate the activities of ground crew in the loading, unloading, securing and staging of aircraft cargo or baggage.

Source: U.S. Bureau of Labor Statistics

Education required: High school diploma or equivalent.

Job outlook: Overall employment of aircraft cargo handling supervisors is projected to grow as Americans rely more on home-delivery services.

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