In[1]:= **H3[s_] := 1 / ((1 + s / (α * ξ)) * (s^2 + 10 * ξ * s + 25))**

In[2]:= **Apart[H3[s], s]**

Out[2]= $\dfrac{\alpha\,\zeta}{(s + \alpha\,\zeta)\,\left(25 - 10\,\alpha\,\zeta^2 + \alpha^2\,\zeta^2\right)} + \dfrac{-s\,\alpha\,\zeta - 10\,\alpha\,\zeta^2 + \alpha^2\,\zeta^2}{\left(25 + s^2 + 10\,s\,\zeta\right)\,\left(25 - 10\,\alpha\,\zeta^2 + \alpha^2\,\zeta^2\right)}$