

# Assignment - 2

## Campus to Corporate

### 1. How to manage transition?

One of the first steps to manage transitions is to acknowledge your feelings and emotions, without judging or suppressing them.

### 2. How to manage stress?

**Take breaks:** Take short breaks when you feel tired.

**Time Management:** Organize your tasks, set priorities, and break tasks into manageable steps to reduce feeling overwhelmed.

**Seek professional Help:** If stress becomes overwhelming or chronic, consider speaking with a mental health professional for additional support and strategies.

### 3. How to prepare for interview?

- Prepare ~~your~~ answers for frequently asked questions such as "Tell me about yourself" and "What are your strengths and weaknesses?".
- Understand its mission, values, recent developments, and the industry it operates in.
- Be ready to discuss everything on my resume in detail.