**What NOT to DO during a job interview:**

1. Don't be late.
2. Don't swear or use slang words.
3. Don't slouch in your seat or do anything that makes you look uninterested.
4. Don't smoke.
5. Don't lie: the interviewer may see through you. Even if you get the job, your employer can dismiss you if they find out that you have not been honest.
6. Don't let your nerves show too much; a few nerves are normal but extreme nerves will affect your performance. Use breathing techniques and try to remember that it's not a life and death situation - there are plenty of jobs out there!
7. Don't be arrogant and assume you've got the job. Nothing turns off employers more than someone who is disrespectful and over-confident.
8. Don't discuss controversial topics such as religion, politics and gender relations.
9. Don't read from notes or your CV — you should be familiar enough with your own history to be able to talk about it unprompted.
10. Don't criticize former employers or colleagues. Interviewers may mark you down as a troublemaker and a gossip.
11. Don't argue with the interviewer, no matter what. Remember to keep things positive!

https://nationalcareersservice.direct.gov.uk/advice/getajob/interviews/Pages/Interviewsdosanddonts.aspx