

# WEEK 7: My Reflective Journal on the Mock Interviews

Reflective journeys, particularly regarding mock interviews, would offer valuable insights into personal growth and areas for improvement. Here is a structured approach to help myself reflect on my experience with mock interviews:

## 1. Initial Expectations vs. Reality

- ✚ **Expectations:** What were my thoughts or goals before I started participating in mock interviews? Was I expecting to ace all the questions or was it more about identifying areas to improve?
- ✚ **Reality:** How did the mock interviews actually go? Were there any surprises, either positive or negative?

## 2. Preparation Process

- ✚ **Before the Interview:** How did myself prepare for the mock interviews? Did I research common questions, practice with a friend, or review my resume?
- ✚ **Insights:** Reflect on what preparation worked well and what could be improved. Did I feel confident walking in, or were there gaps in my preparation?

## 3. Performance During the Interview

- ✚ **Strengths:** What do I think I did well during the mock interview? Perhaps I answered questions clearly, demonstrated strong communication skills, or handled tough questions with poise.

- ✚ **Areas for Improvement:** Where do I think you struggled? Were there any moments where I froze, gave incomplete answers, or felt I did not connect with the interviewer? Reflect on what these challenges taught myself .

#### 4. Feedback from the Interviewer

- ✚ **Positive Feedback:** What did the interviewer highlight as strengths? Did they comment on my tone, body language, or the way I articulated your experiences?
- ✚ **Constructive Criticism:** What areas did the interviewer suggest I improve upon? Did they point out issues like nervousness, lack of specific examples, or vague answers?

#### 5. Post-Interview Reflection

- ✚ **Self-Assessment:** After the mock interview, how did I feel about my performance? Were there any realizations myself had upon reflecting on my answers or demeanour?
- ✚ **Growth Mind set:** Did I see opportunities for growth? What new strategies or techniques will you apply for future interviews based on the feedback you received?

#### 6. Next Steps for Improvement

- ✚ **Skill Building:** Based on my reflections, what specific skills or knowledge will I focus on improving before my next interview? This could include practicing

more STAR (Situation, Task, Action, Result) responses, refining my resume, or improving my body language.

 **Practice:** What could do between now and the real interview to continue honing my skills? Consider more mock interviews, recording myself for self-assessment, or seeking further advice from mentors.

By systematically reflecting on my mock interview experience, I would identify areas to refine and feel more prepared when facing actual interviews. This process fosters not only skill development but also confidence and self-awareness, key components for successful interviews.

**In summary:** Understanding employability and career development is crucial for several reasons:

**1. Skill Enhancement:** It helps myself identify and develop the skills needed in the job market. As industries evolve, so do the skills required, and staying updated ensures myself remain competitive.

**2. Career Planning:** It provides clarity on career goals, helping myself navigate through different job roles and industries. This allows myself to make informed decisions about further education, training, or job transitions.

**3. Job Security:** In today's rapidly changing job market, having a focus on employability would enhance my ability to adapt and thrive in different work environments, leading to greater job stability.

**4. Networking and Opportunities:** Career development strategies often involve building professional networks, which would lead to job opportunities, mentorship, and career advancement.

**5. Personal Fulfilment:** Understanding career development enables myself to align my professional life with my interests and values, leading to greater satisfaction in my work.

**By focusing on employability and career development, I would actively shape my career path, ensuring long-term success and personal fulfilment.**