



Interview Preparation Workshop Self-Evaluation

Name: _____ Date: _____

Part 1: Confidence Review

Please rate your confidence before and after today's session.

Interview Preparation Skill

Before Session (1-5) After Session (1-5)

Understanding interview preparation stages	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
Researching an employer	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
Researching an industry or sector	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
Building a positive first impression	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
Demonstrating effective body language	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
Preparing answers to interview questions	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
Asking thoughtful questions at interview	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
Following up professionally after interview	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Part 2: Key Learning

1. What are the three stages of interview preparation that you now understand better?

2. What new information or insight from today's session was most useful to you?

3. What aspect of interview preparation do you currently feel most confident about?

4. What aspect of interview preparation do you need to develop further?

Part 3: Applying Your Learning

Reflect on each area covered during the session.

Researching Employers and Industries

What steps would you take to research an employer and industry before an interview?

- ☐ Review company website
 - ☐ Review company values and mission
 - ☐ Research recent news and developments
 - ☐ Explore industry trends
 - ☐ Review LinkedIn profiles of interviewers/employees
 - ☐ Other:
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How prepared do you currently feel to conduct effective interview research?

- ☐ Not prepared ☐ Slightly prepared ☐ Moderately prepared ☐ Well prepared ☐ Very prepared
-

First Impressions and Body Language

Identify two behaviours you want to demonstrate during future interviews.

1.

2.

Identify one body language habit you would like to improve.

Interview Practice

Did you complete or observe a mock interview activity?

☐ Yes ☐ No

What did you learn about your interview performance?

What types of questions do you need more practice answering?

Questions for the Interviewer

List two questions you could ask an interviewer to demonstrate interest and preparation.

1.

2.

Following Up

Why is following up after an interview important?

Part 4: Personal Action Plan

Before my next interview, I will:

Action Target Date

Part 5: Final Reflection

Please complete the following statements:

One thing I learned today is:

One thing I will do differently before my next interview is:

The area of interview preparation that remains most challenging for me is:

Overall, today's session has improved my interview readiness.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

Additional comments:
