



## **MOCK INTERVIEWS**

Completing a mock interview is one of the best ways to prepare for an actual interview. Our office consistently receives feedback from students who report that the most helpful preparation for their interview was participating in a mock interview with Career Services. We also receive feedback from academic programs on campus that it is apparent which candidates went through a mock interview with our office prior to their admission interview.

What makes them so helpful? It allows you to gain experience and practice answering questions that you are likely to be asked in an interview. Then, by reviewing the interview with a Career Development Facilitator (CDF), you can gain a more accurate view of how others see you during an interview.

Career Services recommends that all students complete at least one mock interview before they graduate. Mock interviews are not only essential for employment interviews, but highly recommended for any type of interview, including internships, scholarship or graduate school.

While it is not a requirement, we highly recommend that your mock interview is videotaped. While most of us generally do not like to see ourselves on video, seeing yourself on camera is essential for the purposes of refining your interview techniques. You may choose to bring your own VHS tape, which we will record a copy for you to take home. If you do not bring a tape, we are still able to record the mock interview; you simply won't have a copy to take home.

The mock interview appointment is scheduled for an hour and a half. This will give you enough time to complete the actual interview, watch it back, and then discuss it with your CDF. Call 277-2531 to schedule an appointment.

CDFs can tailor the mock interview to your particular needs; from general interviewing skills to preparing for a specific position or organization. At the time you make your appointment, please provide the reception staff with as much information as possible, including: type of interview (academic or employment), type of position, and organization (school/type of program or company). If you have a description of the position to which you are interviewing, feel free to provide a copy to the CDF conducting your interview in advance. This will assist them in preparing tailored questions. If you do not provide this information, or simply want to focus your mock interview on general interview skills, the nature of the questions will be general in nature.

Career Services highly recommends you see a CDF prior to your mock interview in order to gain the most from your experience. In that meeting, you can discuss general strategies and individual areas of concern. You can also tell your CDF more about what you're interviewing for, and what you'd like to gain from the mock interview. Some individuals, however, prefer to go into the experience "cold" to establish a "baseline" from which to grow from. makes the person feel good. Not only is he or she helping someone else, but is being looked to as an "expert," which makes most people feel important.