Name:

Interview Self Evaluation

Answer the following questions to help you prepare for an interview. In order to answer interview questions well, it’s important that not only you practice answering, but that you evaluate your own life experiences to find examples that can prove your claims.

Have I ever done any kind of volunteer work? Explain.

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Have I ever had a job (paid or unpaid) and where was it at?

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When you're presented with behavioral interview questions, interviewers are listening for examples of how you handled situations similar to the ones you may handle for this company. This is your chance to talk about your accomplishments. If you can demonstrate through examples (preferably recent ones) that you've succeeded in certain areas of interest, you'll likely be considered a strong candidate for the position. After all, if you did it somewhere else yesterday, you can do it for this company tomorrow.

Give an example of a goal you reached and how did you handle it?

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| --- | --- |
| Situation |  |
| Action |  |
| Result |  |

Give an example of how you worked on a team.

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| --- | --- |
| Situation |  |
| Action |  |
| Result |  |

What is something you are not so good at? What have you done to improve that quality?

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| --- | --- |
| Situation |  |
| Action |  |
| Result |  |

Where do you want to be 10 years from now? What do you want your life to look like?

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What are some steps you can take to get there?

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Who are two people who have made a significant impact in your life? How has influenced you (positively or negatively)

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| **Name** | **Type of Work** | **Why are they significant?** | **What have you learned from them?** |
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What do you value most? Rate them from 1-12, 1 being the most important to you.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Happiness |  | Excitement |  | Helping Others |  | Making a difference |  |
| Wealth |  | Freedom |  | Creativity |  | Fame/Recognition |  |
| Family |  | Accomplishment |  | Wisdom |  | Leisure Time |  |

If money were not an obstacle, what would you do with your time?

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List three things you have accomplished that you feel good about. Describe the situation that was involved and how you achieved your goal. These can be minor or major. Examples are overcoming a poor GPA, overcoming shyness, getting through a difficult childhood experience, or doing your best in a school swim competition.

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| --- | --- |
| Situation |  |
| Action |  |
| Result |  |

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| Situation |  |
| Action |  |
| Result |  |

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| Situation |  |
| Action |  |
| Result |  |

Watch this: <http://www.interviewsuccessformula.com/vsl-joomla.php>

What are the three reasons people aren’t chosen for a job?

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What is the formula to getting a job, according to this video?

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How do you overcome your nerves?

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How do you answer the question, “What are your strengths?”

Fill out the table below with one of the examples in the video.

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| --- | --- |
| Strength: |  |
| Weakness: |  |
| Correction: |  |

Now answer it again, but this time for yourself.

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| --- | --- |
| Strength: |  |
| Weakness: |  |
| Correction: |  |

Why must you be careful about “sample answers” found on the internet to common interview questions?

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What are the four things you need to know about yourself to convince yourself (and the interviewer) that you are the perfect candidate for the job?

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You can stop the video after that--because then it turns into a commercial!

Now go to: <http://www.seriousjobseeker.com/2009/02/51-self-assessment-what-is-your-career_07.html>

Read it over, and then take the Holland Code Self-Assessment. In each line, choose between the two options which is CLOSEST to you. Do this for all lines, and then click the “See Your Career Personality Type” button.

What was your score?

|  |  |  |  |
| --- | --- | --- | --- |
| **Type** | **Score** | **Your type is:** | |
|  |  |  | |
|  |  | *Now click on the list and choose 4 occupations that interest you.* | |
|  |  | 1 |  |
|  |  | 2 |  |
|  |  | 3 |  |
|  |  | 4 |  |