Interview Reflection

**Reflecting on your interview can be an invaluable experience to help you improve your technique in readiness for future interviews. To make the most of your appointment, it can help to evaluate the questions you were asked, your responses and what you may need to improve.**

What questions were you asked and how well do you feel you answered? You may want to consider how well you answered motivation questions & competency based questions.

Were there any other elements during the interview process such as presentations? How do you feel you performed in these areas?

What feedback did you receive and how do you feel you could develop and improve in these areas?

What elements of your preparation went well and what do you feel you can improve? You may want to consider research on the role, employer and industry or your interview technique such as use of the [STARS techn](https://le.ac.uk/career-development-service/interviews-and-assessments/stars-technique)ique.

What would you like to focus on during the Reflection session?

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NEXT STEPS: (To be completed with your adviser during your appointment)