

INTERVIEW SELF-ASSESSMENT



Reflect on your interview performance



Identify your strengths



Spot areas to improve



Build confidence for real interviews

SECTION ONE: HOW DID I DO?

Rate yourself for each area using this scale:

4 = Confident and consistent **3 = Mostly confident** **2 = Sometimes struggled** **1 = Found it difficult**

Communication

- I spoke clearly and confidently
- I explained my answers well
- I made good eye contact / used positive body language

My score:

Use of Examples

- I used real-life examples (school, work, life, hobbies)
- I explained what I did, not just what happened
- I could describe the result of my actions

My score:

Teamwork & Skills

- I showed teamwork skills
- I talked about problem-solving or responsibility
- I showed I can work independently when needed

My score:

Motivation

- I explained why I want the apprenticeship
- I showed interest in the company/role
- I sounded positive and motivated

My score:

Preparation

- I understood the questions
- I had thought about my answers beforehand
- I asked at least one question at the end

My score:

Confidence & Professionalism

- I stayed calm during questions
- I didn't rush my answers
- I behaved professionally throughout

My score:

SECTION TWO: MY INTERVIEW STRENGTHS

Write 2–3 things you did well:

SECTION THREE: MY INTERVIEW AREAS FOR IMPROVEMENT

Write 2–3 things you did well:

SECTION FOUR: MY ACTION PLAN

What will I do before my next interview?

- ☐ Practise common questions out loud
- ☐ Improve my STAR examples
- ☐ Work on body language

- ☐ Research the company more
- ☐ Practise speaking more confidently
- ☐ Prepare better questions to ask

Something else:

SECTION FIVE: REFLECTION

- 1. What went well in my interview?
- 2. What was challenging?
- 3. What will I do differently next time?