



CENTER FOR
CAREER DEVELOPMENT

INTERVIEW REFLECTION WORKSHEET

Company Name: _____

Position Title: _____

Interview Date: _____

INTERVIEW PREPARATION

1. Did I feel comfortable going into this interview?
(Why/Why not?)

2. How did I prepare for this interview?

3. How could I have better prepared for this interview?

4. Did I bring the appropriate materials?

INTERVIEW RESPONSES

1. Did I understand the competencies the interviewer was looking for and articulate my skills appropriately?

2. What questions generated my strongest responses / what experience/competency was I best able to relate to the position?

3. What questions did I have difficulty answering / what competency was hardest for me to articulate?

4. What experience/skill set did I forget to talk about that I wish I had?

ENDING THE INTERVIEW / FOLLOW-UP

1. What questions did I ask that were most helpful in gaining insight to the company/program?	2. What questions do I wish I asked, but didn't?
3. Did I get a good understanding of next steps?	4. Did I send personalized thank you notes?

OVERALL PERFORMANCE

1. What would I most like to improve upon before my next interview?	2. How well did I relate to the interviewer? Was I confident and conversational?
3. If I were the interviewer, what questions might I still have about my qualifications for this opportunity based on this interview?	4. If I were the interviewer, why would I select me for this opportunity based on this interview?

Reflecting upon an interview within 24-48 hours after it's completed can help you identify areas of confidence as well as areas of improvement for future interviews. To further reflect and prepare, log-on to your HuskyCareerLink account and schedule an appointment with a Career Coach. You can also schedule a Practice Interview with a Center for Career Development staff member or utilize our on-line resource Big Interview to practice on your own, whenever you want!