

INTERVIEW SELF-ASSESSMENT WORKSHEET

Company/Program Name: _____

Position Title: _____

Interview Date: _____

1. Review the position/program description and write down the **preferred and required qualifications** as listed.

Preferred Qualifications/Requirements

Required Qualifications/Requirements

2. Write down the desired **skills and interests** you see repeated throughout the position/program description.

Skills

Interests

3. Reflect on the notes above, as well as the core competencies outlined below, and jot down examples from **your past experiences that align with the position/program needs** to utilize in your interview responses.



Critical Thinking / Problem Solving



Oral / Written Communication



Teamwork / Collaboration



Professionalism / Work Ethic



Leadership



Technology



Self-Awareness & Career Management



Global Perspective