



# CAREER navigator

## INTERVIEW REFLECTION

- Did I speak using a smooth and conversational tone?
- Did I use full sentences and proper grammar?
- Did I offer information in a clear and organized way?
- Did I utilize a broad vocabulary of words and descriptors?
- Did I use relevant language?
- Did I avoid filler words? (um, like, y'know)
- Did I behave in a polite and respectful way?
- Did I observe proper deference, etiquette and protocol?
- Did I dress properly?
- Did I offer a handshake and introduction?
- Did I use good eye contact?
- Did I arrive on time? (early)
- Did I express gratitude? (thank you)
- Did I interact in an open and engaging manner?
- Did I express interest, energy and enthusiasm?
- Did I project a friendly and positive attitude?
- Did I tell good stories?
- Did I provide good examples?
- Did I ask good questions?
- Did I feel relaxed and comfortable?
- Did I feel nervous during the interview?
- Did I feel confident and prepared?
- Did I feel like I established rapport and personally connected with my interviewer?
- Did I research, plan and prepare adequately before the interview?
- Did I organize my thoughts and key points in advance?
- Did I respond to all the questions effectively?
- Did I effectively promote myself, my skills, and my background?
- Did I feel good about my overall performance?
- What could I have done to improve my overall performance?