BRAINSTORM ACTIVITY
INTERVIEW PREPARATION, SELF REFLECTION

For this activity, refer to activities including the Competency Activity, Sample Behaviors Checklist, Resume Writing Brainstorm Activity from other Internship Architects courses. Review your resume, cover letter and job posting.

Getting ready for a job interview takes self reflection! You need to know yourself. You need to have your "talking points", what are you selling about yourself. Then you need to "prove" you have these by giving examples and telling stories to demonstrate you have these abilities. Lastly, you should tie these skills to the internship/job. You also need to identify your weaknesses or areas of challenge for you.

Based on your competencies and skills, how are you going to stand out in the interview?

Directions: Answer these questions, honestly and thoroughly. The point of these questions is to help you think about yourself, your competency abilities, your accomplishments, what you can talk about in an interview

General

- What competencies are your strongest 3 (refer back to the Career Readiness Competency Activity)? Remember competencies are broad topics and show how you will apply in new situations.

- What competencies were reflected on your resume and/or cover letter submitted for this job?

- What specific skills do you have? Remember skills are specific (ie, proofreading, CAD design,

- What are your “talking points”, what is your agenda for the interview? What do you want to demonstrate you have to offer?

- How are you going to answer, “Why should I hire you?” How do you want to stand out to employers? What strengths of yours do you want to highlight?

- What are some examples of times you utilized these competencies/talking points? Experiences can be from any area: jobs/work, school/academics, sports/co curricular activities, life experiences. List at least three examples.

- Which experience(s) are relevant to the internship/job and could demonstrate your abilities?

- What goals have you met and how did you achieve them?

- What are your career goals?

- What values do you hold and want reflected in the place you work?

- What have your supervisors, professors, classmates, or teammates complemented you on?

- What did you do that was above and beyond your normal duties (for instance did you help train new staff)?

- What is one of your proudest moments?

- What are some of your weaknesses? How do you overcome these weaknesses?

- What will be challenging for you regarding this internship/job?

- What was a challenge you faced and how did you solve it?

- What feedback has a supervisor, coach, peer, teacher, advisor, mentor provided you? What did you learn from that feedback? List at least one positive and one negative criticism.

Keep this document for use in the Interview Question Answering course!