

Mock Interview Learner¹² Reflection Worksheet

Now that you have completed your mock interview, take some time reflect on what you experienced and how it might affect your college and career plans in the future.

Learner name:	School:
Name of interviewer:	Date of interview:
Company/Organization of interviewer:	Email address for interviewer:

What aspects of the mock interview were most helpful to you? Which were not? Why?

What questions did you feel most prepared to answer? Why?

What questions did you feel least prepared to answer? Why?

What did you learn about yourself through the mock interview? Please explain.

¹² Learners include K-12, community college and college learners; youth and young adults engaged in workforce development programs; and adults participating in career development activities.