**Interview Evaluation**

On completion of your interview you must:

1. Watch your interview recording
2. Watch your interview recording again, pausing to reflect on your performance using the criteria below.
3. You must give yourself a 1-5 rating for each criteria (1 being the lowest and 5 the highest.)
4. Provide a comment on your performance. This should include what you did well and how you can improve. You should detail specifically what/how/when you will do to improve.
5. Upload the completed interview evaluation and interview video to your website

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| **Criteria** | **1** | **2** | **3** | **4** | **5** | **Comments** |
| **Opening to the interview: did you introduce yourself? Offer a hand shake? Asked to sit down? Promoted eye contact etc.** | **x** |  |  |  |  | I introduced myself and promoted eye contact throughout the interview |
| **Dress: suitable for job role** |  |  |  |  | x | Yes I did dress suitable |
| **Clarity/pace of speech (pauses in speech, too fast/slow, use of repetitive words, fillers i.e. oh, umm etc.)** |  |  |  | **x** |  | I took a paused . I could have stop saying um in the interview. My pace was slow and used repetitive words |
| **Body language (eye contact, posture, fidgeting, position on chair etc.)** |  |  |  | **x** |  | I had good posture, eye contact and position on the chair. I think that I was fidgeting |
| **Response to common interview questions: (did the answers link to the job specification? Did you provide detailed examples?)** |  |  |  | **x** |  | I think my answers were referred to the job specification |
| **Response to un common interview question (how did you react and respond to uncommon interview questions? Did you panic, pause for thought, provide examples, and link your response to the job specification?)** |  |  |  | **x** |  | I think that I did well to these questions I paused and collected my thought, provided examples and linked to job specification |
| **Knowledge of company: did you promote your research about the company?** |  |  | **x** |  |  | **I** could have learnt more about the company. I knew the basics about the company |
| **Closing: thanked interviewer, asked a question etc.** |  | **x** |  |  |  | I asked a question at the end |
| **Overall: do you think you promoted yourself in a positive light? Did you showcase skills and qualities that were relevant to the job specification?** |  |  |  | **x** |  | I think that I promoted myself very well. |