

Interview Skills

Whether it be a University interview, or a job interview, you want to make a great first impression every time.



Aims of Course:

Interviews are scary for everyone, but the key to conquering this fear is to be prepared! This full day workshop teaches young adults how to prepare for a job or university interview and will help to develop the skills needed for success, so that they can feel confident and present themselves in a positive way.

Students will have the opportunity to observe mock interviews and will participate in plenty of role-play to practice their skills.

Delegates learn how to:

- Plan for the interview process and interview environment
- Discover key preparation techniques to help perform to their strengths
- Be prepared for group or one-to-one interviews
- Plan for questions - that may be asked and that you might ask
- Sell yourself successfully - body language, speaking confidently, and what to wear
- Use techniques to help control interview nerves and reduce stress
- Follow up after the interview
- Use feedback from practise sessions to plan further personal development

Additional topics and tips include:

- Recognise the qualities of a winning Personal Statement and CV