



## SELF ASSESSING AFTER THE INTERVIEW

Once you've completed an interview, it's recommended that you reflect on your experience, including your preparation and interview performance. Use this checklist as a starting point. If you're not able to assess yourself, consider booking a mock interview or connecting with Co-op and Career staff for in-person feedback (you could also ask a friend to provide feedback).

### Checklist for after the interview

- Have you written down the questions that you were asked in the interview?
- What questions do you think you answered well?
- What questions did you struggle with?
- Did you stay on topic and provide relevant information?
- Did you use the STAR method when appropriate?
- How well do you feel you knew the employer organization? Had you done enough research?
- Did you make appropriate eye contact?
- Was your body language showing interest and engagement?

### Employer feedback

Another source of interview feedback may be the employer who conducted the interview. Connect with your Co-op and Career office for advice about whether it's appropriate to approach the employer (it will depend on many factors).