

Lessons Learned

Reflection from Job Interviews

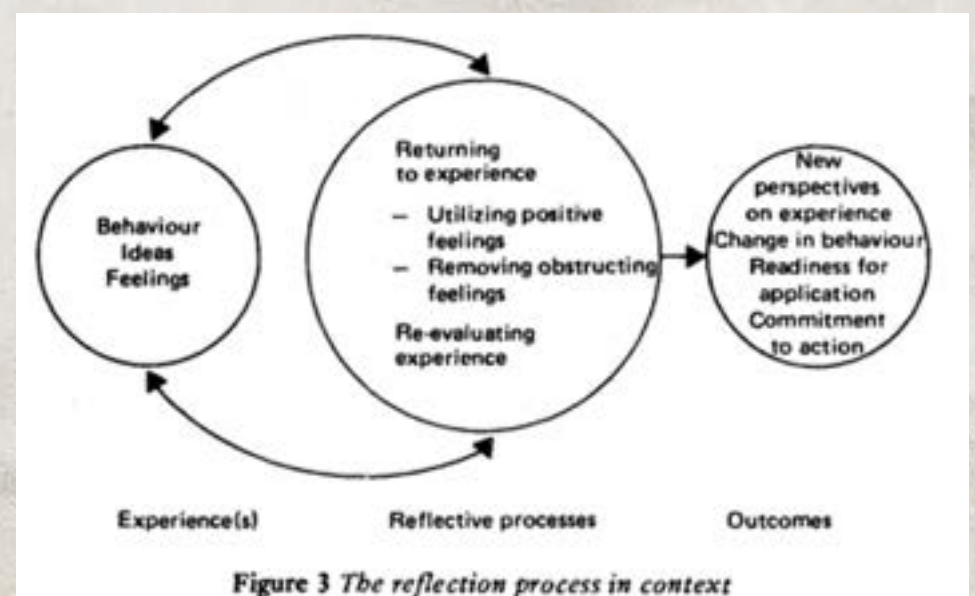
The job interview. That special time in your life when you're asked to sit in a room with strangers and convince them that you're not just a conscious pile of clean washing. It's a process that can be simultaneously exciting and terrifying, like a rollercoaster ride through a haunted house. The first stage is usually the worst, where you'll try to sound both professional and human at the same time, while silently praying that the recruiter can't hear your heart pounding in your chest. And of course, there's always the dreaded question: "Where do you see yourself in five years?". But no matter how bad or good your interview can go, it's always a good idea to reflect on the experience to make next time go that little bit easier.



In University, we were tasked with mock interviews between students, and to provide a peer review. We will be using a reflective model to evaluate my mock interview process for a sports broadcasting apprenticeship with the BBC. This model is known as the "Boud Model of Reflection" which was created by David Boud, a researcher working in adult education (Boud et al, 7).

The Model

The reflective model can be lengthy in its delivery, however as seen in Figure 3, Boud's model in context has 3 main stages; your experiences, reflection upon those experiences and evaluate the outcome. The model then cycles through itself over different experiences until a detailed reflection has been simply made. (Boud et al, 36) .



The first stage is to reflect on your own thoughts, feelings and behaviours during the experience. (Boud et al, 26) The second stage then undertakes the exploration of the emotional responses which would have influenced the experience, bad or good. Finally, the subject is encouraged then to find outcomes of the experience and consider what has been learned. This simple approach of reflection can provide new insights and develop a greater sense of self-awareness.

Stage One - Experiences



As I waited outside the interview room, I felt a surge of confidence as I prepared for the questions that I expected to be asked. When I was called inside and seated, the room grew quiet, amplifying my nerves as I waited to hear the interviewer's queries. I stood tall and made good eye contact throughout the interview, staying calm while my palms were dripping with sweat. While some questions were easy to answer, like those about my skills and teamwork abilities, I found myself stumped when asked about what new ideas I could bring to the BBC.

Despite feeling flustered, I quickly gathered my thoughts and related my answer to the local sports coverage of MMA. I spoke about the emerging talent in our cities and towns that hasn't been covered extensively by the BBC, highlighting the organization's commitment to education and entertainment as the basis for my idea.

Stage Two - Reflection

Reflecting on my interview, I realized that my confidence wasn't just because of my skills. It turns out that my secret weapon is my love of talking to people. I have always never shied away from public speaking. To be honest, I just like talking to people. The feeling afterwards of presenting a pitch, or a talk about a new business opportunity and being able to see the faces of those listening provides me with a great sense of achievement that carries on my shoulders throughout the day. However, one thing that was given back in my feedback was that I was fidgety with my hands, which can distract the interviewer. 33% of executives are reported to reject candidates because of fidgeting. (McConnell)



To reflect on the question that lost me for a while, you can look at this positively or negatively. If you find yourself facing an unexpected question like this during an interview, it's natural to feel nervous. To handle it effectively, take a deep breath and give yourself a moment to collect your thoughts before beginning your answer. By using a framework or structure to guide your response, such as brainstorming ideas by topic or proposing a specific solution that addresses the company's needs. Doing research ahead of time on the organization can help you speak specifically to their priorities and demonstrate your enthusiasm for the role. This is what helped me quickly come up with the idea, as I had prepared myself for similar questions beforehand.

Stage Three- Outcome

During my reflection on the interview, I realized that I'm generally confident when speaking with people and that nervousness is a normal part of the interview process. However, I need to work on keeping my composure and avoiding fidgeting, even if I feel anxious. Although I felt well-prepared going into the interview, I was caught off-guard by a question that I should have anticipated. While I was able to answer it satisfactorily, I understand that I need to be more thoroughly prepared for future interviews. This experience has taught me the importance of being ready for any question that might come up and the value of staying calm under pressure.

Word Count: 839

Work Cited:

Boud, David, et al. REFLECTION: TURNING EXPERIENCE into LEARNING. 1985.

McConnell, Jeanette. "Fidgeting in Interviews? Try These 5 Body-Language Hacks." Cheeky Scientist, 31 July 2018, cheekyscientist.com/rejected-in-interviews-but-body-language-changed-everything/. Accessed 23 Feb. 2023.