

PRACTICE MAKES PERFECT

MY SIMULATED INTERVIEW
EXPERIENCE

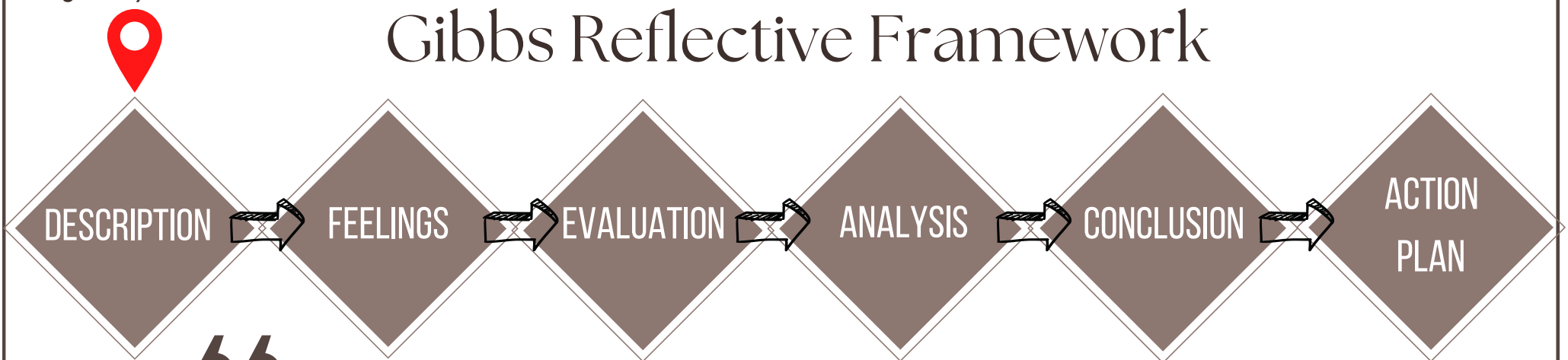


Everyone has experienced the dreaded feeling of attending an interview and feeling the immense pressure that it brings. Whether that is because you didn't prepare, you want the job so bad that it's almost impossible to focus or because the interviewer is tough making you feel even more uneasy. During my work-based learning module, I took part in simulated interviews with my peers where we asked each other questions based on a job advertisement for the field we aspire to work in. To reflect on my simulated interview, I will use Gibb's reflective framework to evaluate my preparation and performance. Below is a reminder of the 6 stages (Gibbs' Reflective Cycle).



Figure 1: (Queen's Brand Hub)

Gibbs Reflective Framework



“

"OPPORTUNITIES DON'T HAPPEN,
YOU CREATE THEM."

Chris Grosser

”

Description

The job I chose to be interviewed for was a trainee runner position at ITV working on the soap-opera Coronation Street. The extensive job description revealed a catalogue of key responsibilities the candidate is required to uphold. I used this breakdown of expectations as a guide when carefully preparing for my simulated interview. 'Job interviews require applicants to demonstrate two things: experience with direct value to the company and a fit with the team and company culture' (Plung). I thought carefully about the responsibilities and how my previous experience as a Trainee Assistant Director reflects exactly what they are looking for and gave detailed examples in my answers.

all the feels

Feelings

Feelings of nervousness and anxiety took over. I was sitting the simulated interview on the same week as a real interview for a graduate job. I was overcome with pressure to do well as I envisioned it was the real interview. I was standing outside the door, pondering whether I had prepared well enough as doubtful thoughts filled my mind. These feelings began to ease when I took my seat and felt the welcoming atmosphere from the interview panel. I always feel strands of excitement through the nerves because I see any interview situation to be an opportunity.

Evaluation



I soon realised the way I felt prior to my interview did not reflect on how prepared I was. The interview went smoothly and addressed each question carefully. When answering questions based on my skills, I used the STAR method to give an example of a time when I used that skill effectively. I have heard about this method many times, but it was emphasised as a highly effective technique in the ScreenSkills e-learning module, 'How to perform well in a screen industries interview' (ScreenSkills). This technique enabled me to structure my responses in a manner that was clear and focused.



Figure 2. (Star Method)

100 hours work placement

Simulated interviews

Degree

This simulated interview experience was made valuable by gaining constructed feedback from my peers. The feedback forms detailed aspects of my interview that could be improved. My only area of improvement that was highlighted by my peers was to relax more as I seemed nervous. Reflecting on my interview, I agree with their feedback as I feel I could have been more confident with my answers. It was very beneficial to hear my strengths such as maintaining good eye contact, great charisma and provided detailed examples of skills and experience.

Analysis

Reflecting on this experience, I feel that the interview panel picked up on my nerves because of my anxiety. If I had walked in confidently and believed I was going to do well, the panel wouldn't have noticed. This is a pattern I have noticed when I enter any high-pressure situation because I put a lot of pressure on myself to succeed. The reason for this is because I push myself so much without communicating the anxiety I am feeling that my family and people around me innocently expect that I will succeed. From identifying this pattern, I've learned that it is natural to feel nervous and anxious for an interview but to succeed and work through the nerves is to reveal your knowledge and excitement. I learned that nerves could give you an advantage as the panel will see that you are taking it seriously and you want to do well.

"DEAL WITH YOUR NEGATIVE PATTERNS BEFORE THEY BECOME HABITS BECAUSE HABITS ARE HARD TO BREAK."

Germany Kent

Conclusion



Figure 3: (Work + Money)

The feedback developed my confidence as I was rated highly which communicates to me that I done a good job. In conclusion, I could have concluded my answers more confidently. Thinking back, I was trying to wrap up my answer but ended up repeating a point I had already made which reflected my nerves. From finding a negative, reoccurring pattern, I learned how to control my nerves and how I can prevent it from interfering with my composure throughout the interview. Despite this, my personality shone through, and the panel felt I was compelling. I understand that my passion for the job is more powerful than my anxiety and demonstrating this passion through my answers with detailed examples of my experience was more captivating for the panel.



TAKE ACTION

Action Plan

I thought about how I could work to change the pattern I identified regarding getting nervous every time I enter an interview. I realised I don't want to change the pattern but just think about it differently. Instead of thinking about it negatively, I will look at the positives that it provides such as keeping me on my toes and being more attentive when preparing for the interview. I will use this pattern to my advantage, but I will work on not letting the nerves come to the surface and take the interviewers attention away from my answers. As I finish my studies and prepare for a lifetime of interviews, I will practice confident body language such as sitting up straight and giving a firm handshake as well as delivering my answers with less filler words and engaging in casual conversation with the interviewer.

Bibliography

Canva, <https://www.canva.com/>.

Brand Hub, <https://brandhub.qub.ac.uk/BMS/>.

"Gibbs' Reflective Cycle." The University of Edinburgh, 11 Nov. 2020, <https://www.ed.ac.uk/reflection/reflectors-toolkit/reflecting-on-experience/gibbs-reflective-cycle>.

Grosser, Chris. "Opportunities Don't Happen. You Create Them. – Chris Grosser ." Quotespedia, 9 Apr. 2020, <https://www.quotespedia.org/authors/c/chris-grosser/opportunities-dont-happen-you-create-them-chris-grosser/>.

Plung, Daniel. "Job Interview Preparation: A Practical Exercise in the Rhetoric of Oral Argument." *Business and Professional Communication Quarterly*, 2023, p. 1., <https://doi.org/10.1177/23294906221142541>.

Cogar, Joshua. "Star Method: Should It Be Used in Fit Interviews?" *Management Consulted*, 15 Feb. 2022, <https://managementconsulted.com/star-method/>.

"How to Perform Well in a Screen Industries Interview." *ScreenSkills*, <https://www.screenskills.com/online-learning/learning-modules/how-to-perform-well-in-a-screen-industries-interview/>.

Kent, Germany. "Negative Thoughts Quotes (167 Quotes)." *Goodreads*, <https://www.goodreads.com/quotes/tag/negative-thoughts>.

Comparetto, Heather, and Brittany Alexandra Sulc. "75 Hilarious Job Interview Memes." *Work + Money*, 15 Dec. 2021, <https://www.workandmoney.com/s/job-interview-memes-19d713b4768a442d>.

By Daniella Timperley