

Health Mock Interview Self-Assessment Checklist

	Yes	No
Body Language:		
Did I sit up straight and appear attentive?		
Was I hunched or fidgety?		
Do I remember to smile throughout the interview?		
Eye Contact:		
Did I maintain eye contact throughout the entire interview?		
Did I look away too often or appear to be looking at notes?		
Tone of Voice:		
Did I speak with enthusiasm and confidence?		
Did I sound angry, bored, disinterested, or arrogant?		
Responses:		
Were my responses concise and relevant?		
Did I answer the questions fully? And the one that was asked?		
Did I use good examples whenever possible?		
Did I ramble or get off topic?		
Did I begin my responses with “Uhh, So, I think, Like, Umm” etc.?		
Questions for the Interviewer(s):		
Did you ask “meaty” questions regarding the program/school?		
Did you ask questions with answers that are on the website?		
Did you ask superficial/trivial questions?		
Additional Comments/Observations:		

Helpful Tips:

- If you are asked a question that “throws” you, it is okay to respond with, “That’s a great question. Can I take just a moment to think about it?” Just don’t use this response for all/most of the questions.
- Have 2-3 prepared questions written down. If you are having interviews with various groups, have prepared questions for each group.
- Be dressed professionally “head to toe,” even for virtual interviews. This will help you keep in the correct frame of mind, as well as being prepared for any emergencies/instances which might require you to stand and be seen.
- Be yourself. It’s okay (perhaps expected) for you to be nervous – these are high stakes interviews. Remember to smile during your interview.
- Practice your opening “Tell me about yourself.” Think of this as your introductory paragraph for an essay. Mention interesting/important things about you, but don’t go into too much detail, as you will get a chance to elaborate more with questions that follow.