

Self-Reflection Sheet: Interview Performance Evaluation

Name:

Date of Interview:

Position Applied For:

Instructions:

Take some time to reflect on your performance during the interview. Use the following questions to assess your strengths and areas for improvement. Be honest with yourself and think about how you can improve for future interviews.

1. Preparation and Organisation

- How well prepared did you feel going into the interview?
- Were your answers structured and clear?
- Did you research the company and the position before the interview?

Reflection:

I feel Asif i was prepared for this interview as i had basic knowledge going into it, which is better than having none at all. I did research beforehand on what the job entailed and what i was expected to do. However, the answers i had were very quiet and mumbled because of me being nervous throughout my interview. I feel as if i used the word “erm” to fill in when i was unsure of what to say or do. I beleive that this does not show that i am prepared for the interview as i keep using filler words.

2. Communication Skills

- How effective were you at communicating your thoughts and ideas during the interview?
- Did you express yourself clearly and confidently?
- Did you use formal language appropriate for a professional setting?

Reflection:

My communication skills are something in which i need to work on because if i am speaking to someone new I am very quiet and shy. This is not ideal as i need to use communication for the job.

3. Body Language and Presentation

- How would you assess your body language during the interview?
- Did you maintain good eye contact and posture?
- Do you feel that you were dressed appropriately for the interview?

Reflection:

I feel like my body language in the interview was good as i was sat up straight and even though i would stutter i would answer every question, this allowed them to know i had the details just not the confidence.

4. Listening Skills

- Did you listen actively to the interviewer's questions?
- Were you able to respond thoughtfully and relevantly to the questions asked?
- Did you ask follow-up questions to clarify or expand on points?

Reflection:

Yes, my listening skills were good as any question i asked i would answer with details and key information showing my years of experience. Which would make me more likely to get a better look for the job.

5. Use of Technical Vocabulary

- Did you use relevant technical vocabulary related to the job?
- Were you able to demonstrate your knowledge using appropriate terminology?

Reflection:

I was able to use technical vocab and i was able to answer all questions which also lead to me be able to use technical definitions and allow for me to give examples such as arthritis.

An example of this would be when i would explain the types of physios such as with athletes and the elderly, as i was a wear of what the differences were.

6. Professionalism

- How well do you think you maintained a professional demeanour throughout the interview?
- Were you polite, respectful, and engaged during the interview?
- Did you demonstrate a positive attitude towards the company and the role?

Reflection:

I feel as though i remained professional throughout because i had good body language and was dressed appropriately my only down fall would have been the times i would stutter

7. Enthusiasm and Engagement

- How enthusiastic and engaged did you feel during the interview?
- Did you show a genuine interest in the company and the position?
- Did you ask insightful questions about the job or company?

Reflection:

I felt as if i had a good response when i was being spoken to allowing for the best answers i have to the best of my abilities. Meaning the employer was a wear of my skills , i showed an interest because off it being what i wanted to do for years

8. Ability to Handle Pressure

- How well did you manage any challenging or unexpected questions during the interview?
- Did you stay calm and composed under pressure?

- **Reflection:**

I believe i handled the pressure well to say i have no done many interviews before and i managed to stay calm and collected throughout and i believed i presented myself very calmly and with minimal fidgeting.

- How well do you think you demonstrated your understanding of the job and company?
- Did you ask questions that showed you had researched the role and organisation?

Reflection:

I believe that i have had a good job in being able to demonstrate an understanding off what was expected of me from the job and what i had to do. But also coming with knowledge already because it shows i did my research.

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10. Overall Self-Assessment

- How would you rate your overall performance in the interview?
- What aspects of the interview do you think went well, and where could you improve?

Reflection:

I would say i did well overall in my interview as i presented myself well but there definitely room for improvements. And i was inspired to do the interview by family and friends working in this type of field allowing me to be able to see closer what was going on.

11. Strengths and Areas for Improvement

- **Strengths:**
(What aspects of your performance do you feel proud of? Where did you excel?)

Reflection:

I believe my strengths were the knowledge i had which allowed me to have that bit more confidence. Because of this confidence i was allowed to have better answers for my questions which made me look like i has lots of knowledge.

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- **Areas for Improvement:**
(What areas do you think you need to work on for next time? What would you do differently?)

Reflection:

I believe i could focus on how loud and clear i was speaking as due to the nerves i would have a tendency to mumble which may of mad it hard for the interviewer to hear. Due to this it could put me down in the list of people to hire because i do not present myself as confident. I feel as if i need to find other words to use rather than just saying “erm” and mumbling. I would need to work on this because it does not show that i have as much confidence so it will make the interviewer believe i am nervous and un aware of the knowledge which i know i have.

Additional Thoughts or Feedback:

(Any further reflections or thoughts you'd like to add about your performance or the interview process?)
