**Interview**

An interview is a discussion or conversation between a potential employer and a candidate. It is a selection process designed that helps an employer understand the skills, scrutinise their personality and character traits and check the domain knowledge. In this formal meeting, the employer asks questions to get information from a candidate. Usually, interviews happen during the last phase of the recruitment process and help companies select a suitable candidate for a job role. During an interview, the interviewer may ask you about their salary expectation, whereas you can ask about the job responsibilities.

Another purpose an interview serves is that it helps in authenticating a candidate's application. Employers use this opportunity to investigate a candidate's claim and check whether they can prove their claims.

**Types of Interviews (based on technique)**

**1. Informational Interview**

In an informational interview, the objective is to seek advice and learn more about a particular employer, sector or job. Interviewing experts in their field is one more way to add to your employment knowledge base.  As a result, gaining this information means you are more prepared.  It is also an excellent way of networking and adding to your contacts.

**2. Screening or Video/Telephone Interview**

Such interviews occur on the phone or via video. An employer conducts such interviews when a candidate cannot attend a face-to-face interview. Rather than calling every candidate for an interview, employers usually conduct phone interviews to screen potential candidates. When candidates receive an unexpected call from employers, they give spontaneous answers that help an employer understand the candidate's intelligence and interpersonal skills.

Phone interviews – these types of interviews are proving to be a more cost-effective way to screen candidates. Slots range from 10 to 30 minutes.  Firstly, prepare for it as if it is an open-book exam.  Secondly, make sure you have your CV, the job description, a list of references and prepared answers noted in front of you. A large part of communication is visual and as they can’t see your body language, it is critical to have positive and sharp answers delivered with enthusiasm. Finally, don’t forget to ask what the next step will be.

**3. The Second or On-Site Interview**

The second interview means you have been successful on the first occasion and they would like to know more.  As a result, these types of interviews can be longer, some lasting half or a full day. They often mean meeting three to five people which can include Human Resources, the line manager, office staff and the head of the department.  Most importantly, be ‘on the ball’ and show enthusiasm! Try to find out as much as possible about the agenda for the day as this will go some way to making you feel less anxious about the whole process.  This is usually the last stage before an offer of employment is made.

**4. Behavioural-Based Interview**

Known as Critical Behavioural Interviewing (CBI), the theory is that past performance in a similar situation is the best predictor of future performance.  This method of interview probes much deeper than the usual interviewing techniques.  Have specific examples ready that highlight your attributes in core areas such as teamwork, problem-solving, communication, creativity, flexibility and organisational skills.  However, be structured in your answers and explain your examples in terms of the situation, the task, the action you took, and the outcome achieved.

**5. Task Oriented or Testing Interview**

These types of interviews are structured in a way that allows you to demonstrate your creative and analytical abilities in problem-solving through varied tasks or exercises.  It may include a short test to evaluate your technical knowledge and skills. Other tasks can be delivering a presentation to a group to determine your communication skills. Relaxing is key.

**6. Stress Interview**

This method of interview is rare and involves the interviewer baiting you to see your response.  The aim is to highlight your weaknesses and see how you react under pressure.  Tactics can vary from constant interruptions and odd silences to provoking and challenging interrogation-type questions used to push you to your limits.

Behavioural interviews are a technique which employers use to gauge and evaluate a candidate's past behaviour in different situations. It helps in understanding how a candidate would perform in similar situations at work. It is easier for an employer to predict the success of a candidate on their past performance. Usually, the employer asks open-ended questions about specific situations to hire a suitable candidate. The employer then tallies a candidate's response against an anchored rating scale.

**7. Situational interviews**

In a situational interview, employers present a candidate with a problem. Employers use this interview process to evaluate their approach to solving problems. Through such interviews, an employer understands what action a candidate would take in various job-related situations. When answering such questions, employers expect a candidate to give answers related to similar situations a candidate handled in the past.

**8. Structured interviews**

A structured interview process is where an employer asks a fixed set of questions to all candidates appearing for an interview. Rather than focusing on experience-based questions, an employer prefers asking a fixed set of questions and recording the responses of every candidate. They grade these responses against a suitable scoring system and hire candidates based on this result. A structured interview is beneficial for both interviewers and candidates because it eliminates biases from the recruitment process.

**9. Unstructured interviews**

In unstructured interviews, a conversation occurs conversationally and spontaneously. The interviewer can ask questions related to a candidate's skills, experience or qualifications. Such interviews do not follow any set format and the interview can go in any direction. It is a traditional interviewing method that organisations use to hire suitable candidates. Using an unstructured interview, interviewers gauge a candidate's interview skills by comparing their performance to other candidates.

**10. Technical interviews**

A technical interview is an interview type that helps an employer understand technical and job-related aptitude. When applying for healthcare, information technology, engineering and science, a candidate is more likely to face technical interviews. Through such interviews, an employer gauges your technical expertise and it helps in understanding whether you have the skills required to complete your job-specific duties.

**Types Of Interviews Formats**

When preparing for an interview, researching different interview formats can help you prepare better for your upcoming interview. Here are different interview formats:

**1. Individual**

Individual interview formats involve only one interviewer with one candidate. In such interviews, employers can ask situation or behavioural questions. Usually, in such questions, an interviewer may ask the following questions:

1. Job-specific questions help an interviewer understand whether a candidate is a good fit.
2. General interview questions related to experience, background, strength and qualification.

When going for an individual interview, focus on highlighting your relevant skills and solving problems for the company. Also, answer questions by providing examples from your previous job experience.

**2. Group**

In group interviews, a company interviews multiple applicants at the same time. The interviewer may provide a topic for the group to discuss. During their discussion, an observer rates their performance. Such an interview format helps an employer understand the differences and nuances in the skills and qualifications of candidates. It helps employers test a candidate's interpersonal and communication skills. Usually, in group interviews, interviewers can understand how candidates apply their skills, strengths and qualifications when interacting with others.

**3. Panel**

In a panel interview, several interviewers assess an individual's candidate on their skills, qualification and experience. Often, the panel comprises a hiring manager, a colleague or a team manager. In such a format, interviewers usually ask questions in succession. The answer a candidate provides allows a panel to see how they fit the company's values and culture. During a panel interview, focus on maintaining eye contact with everyone and share your success with them.

**4. Multiple-round**

When hiring for a technical role, many organisations conduct multiple interviews to evaluate candidates' skills and qualifications. In multiple-round interviews, the first two rounds may comprise a technical round. The last round may be with a hiring manager to discuss the candidature and salary expectations. Success in multiple-round interviews involves applying communication and interpersonal skills to answer questions that highlight your skills.

**5. Informational**

The informational interview format is where you interact with a professional working in a company you are preparing for. In an information interview, candidates contact professionals from different companies and schedule a time to meet them. A professional can help in understanding the work culture and environment of the company. They answer questions about different job roles and potential growth in the company. When going for an informational interview, prepare a list of questions you want to ask about the company and its culture.

**6. Computer-assisted**

Often, computer-assisted interviews are video interviews. Employers provide a series of questions on their screen by pressing the key on the keyboard. Though this technique results in faster hiring, it cannot assess a candidate's emotional intelligence, communication skills or interpersonal skills. Companies prefer using this interview technique when screening and filtering out a large base of candidates applying for a single job.

**What do Companies Look for During an Interview?**

During an interview, companies look for candidates with desired skill sets who are knowledgeable in their field and a perfect culture fit with the organisation. Here are a few things an employer looks for in a candidate during an interview:

1. Job-specific skills and knowledge: As employers review your resume, they want to assess your skills and experience through an interview. They expect a candidate to correlate the answer to every question with experience.
2. Honesty about areas with less knowledge: Often, employers prefer hiring candidates with sound technical knowledge, but they prefer someone honest about their skills. During an interview, ensure you are transparent about your skills and ready to focus on improvement areas.
3. Passion and enthusiasm when discussing experience and skills: Employers prefer hiring candidates who show a genuine interest in the job role. The passion with which you answer questions showcases that you have the self-motivation to excel in any job.

**Preparation for interview**

Interviews are an essential component of the recruitment process for organizations globally, and candidates are tested on their physical as well as practical skills. If you are a fresher seeking employment, the interview conducted provides an opportunity to showcase your skills and professional interests. The competition, however, is stringent and aspirants are required to put their best foot forward and be well-prepared for their interviews. Therefore, it is best that you look up interview tips for freshers to know what to do and what to expect in an interview.

The number of undergraduate degree holders or freshers will reach a whopping 300 million by 2030. Thousands of companies globally seek to employ freshers for the multiple benefits associated with this population. Freshers have strong theoretical knowledge and are often directly involved with technologies required by businesses today. They also display the unique ability to unlearn and relearn. Their willingness to contribute to an organization’s growth and adapt to the current corporate environment makes them much sought-after.

**1. Be well-groomed**

Interviews are formal screening events to assess whether you are a good fit for an organization or not. When you receive a call confirming your interview, it would be a good idea to understand what the dress code for the interview is. First impressions are often lasting impressions.

Take some time out the day before the interview to groom your hair and nails. Iron your clothes and wear appropriate footwear if the interview is being conducted in person. You will have to be in the proper attire even if your interview is online. Adherence to a dress code can indicate enthusiasm and discipline to do well professionally.

**2. Do your research on the company**

As a fresher, it is recommended that you research the company thoroughly before an interview. This is among the best interview tips for freshers to help you achieve your goal. Not knowing enough about the organization can be an obstacle in helping you secure your job.

Researching the company before your interview can demonstrate enthusiasm to the potential employer. This can also be a great way to showcase that your knowledge, skills, and values match with the company’s long-term goals.

A list of topics to research before your interview can include:

* Products & Services
* Competitors
* Challenges
* Current Clients
* Future Goals
* Previous Growth Records

**3. Maintain a good body language**



A good posture indicates that you are confident and comfortable in your skin.

The way you conduct yourself during an interview is just as important as what you say. The body language you maintain can give the interviewer a good idea of your personality and attitude towards the role. Practising non-verbal communication before the interview can be a good place to start.

Here are some tips to communicate confidence with your body language:

* Make eye contact without hesitation
* Shake hands with the interviewer present (if the interview is being conducted in person)
* Do not slouch; sit straight but remember to not be too stiff
* Smile and nod to acknowledge that you understand what the interviewer is saying
* Use minimal hand gestures when communicating your ideas or giving answers
* Do not fidget or play with your hair or clothes during the interview

**4. Communicate clearly**

Clear communication is often tested during interviews. As a fresher, the way you share your ideas can be a deal-maker or deal-breaker for securing employment. Clear communication is therefore one of the most important interview tips for freshers to practice.

* Listen to the interviewer with intent and allow them to finish speaking before replying
* Structure your thoughts and arguments before presenting them to the interviewer
* Choose your words carefully
* Avoid the use of informal language
* Frame short, crisp sentences to answer each question

**Note:** Remember to not be argumentative. You should be able to present your viewpoints as professionally and politely as possible. If you disagree with the interviewer, learn to put your opinion across without invalidating what they have said.

**5. Ask relevant questions**

One of the mistakes made by freshers is not asking questions towards the end of the interview. Asking well-thought and relevant questions can be a great way to display motivation, curiosity, and a willingness to learn. Asking questions can also help you understand the work culture and environment of the company you have applied to.

Some common questions to ask the interviewer during your interview include:

* What are the details of a particular project?
* What is the employee strength per department?
* Specifications of the role you have applied for
* Is travelling a part of your position’s responsibilities?
* What will be expected of you if you are employed by the company?

**10 common interview questions for freshers**



Practising interview questions and doing mock interviews can help you be better prepared for the main day.

Undertaking mock interviews with your friends and family before the final interview can help you prepare better!

Here are 10 common interview questions for you to practice with:

1. [Tell us a little more about yourself.](https://ischoolconnect.com/blog/self-introduction-for-interview-5-brilliant-tips-you-need-to-know/)
2. What would you say, are your biggest strengths?
3. What would you say, are your biggest weaknesses?
4. Can you tell us about your hobbies and interests?
5. Where do you see yourself in 5 years and in 10 years?
6. Why do you want to work in this company?
7. Why should we consider hiring you?
8. How can you contribute to the organization?
9. What do you know about the organization?
10. How much do you expect to receive per month from the company?

**Key Takeaways**

* Freshers are among the most sought-after candidates by organizations across the world.
* The benefits of employing freshers are plenty primarily because candidates display a willingness to learn and have strong theoretical knowledge.
* Interviews are a crucial part of the screening process. Performance in interviews can be a deal-maker or deal-breaker for securing a job.
* Preparing and practising the listed interview tips for freshers and questions can help you stay ahead of the competition.

**FAQs**

**Q1. What do I need to do before a virtual interview?**

**Answer –**Check your device & assigned URL and test your camera & microphone a day before your virtual interview.

**Q2. When should I follow up with the company?**

**Answer –**Do not forget to ask your interviewer when you can expect to hear back from them. Most interviewers will let candidates know when they can expect the results of their interview.

**Q3. What platforms can I research the company on?**

**Answer –**Do your research on the organization by browsing their profiles on social media platforms such as Facebook, Instagram, Twitter, and LinkedIn. A basic Google search can also provide you with the information you need.

**Coping With Interview Stress**

The goal of an interview is to effectively convey that you are the one for the job. However, interviews are often seen as “[high stakes](http://www.forbes.com/sites/jacquelynsmith/2013/03/26/14-tips-for-staying-calm-during-a-job-interview/)” environments that cause many to experience nerves and anxiety before or during their interviews. Sweaty palms, elevated heart rate, racing thoughts, and the inability to focus are common symptoms of interview stress and anxiety. For those who have limited or no interviewing experience, preparing for an interview may be a nerve-racking experience. Even seasoned professionals with years of interview practice can feel anxious or overwhelmed while preparing for or during an interview. Below are strategies for reducing your interviewing nerves and anxiety so you can increase your chances of a successful outcome.

**Signs of Interview Stress and Anxiety**

Feeling nervous before the big interview? Below is a short list of common symptoms of interview stress. Remember, stress affects each person differently, and the list below is by no means exhaustive. You may experience one, several, or none of these symptoms. What is most important is to know how interview stress impacts you and how to proactively respond through routine practice and preparation.

* Racing heartbeat
* Nausea
* Sweating
* Blushing
* Fear that the anxiety will spiral out of control
* Breathing difficulty
* Dizziness
* Cracking voice
* Racing thoughts
* Irrational thoughts

**Strategies For Managing Stress and Anxiety**

**1.** [**Before the Interview**](https://drexel.edu/scdc/professional-pointers/interviewing/stress/)

**Practice Beforehand**

* Practice your responses in front of a mirror. Take notice of your body language, facial expressions, and hand gestures.
* Schedule a mock interview with someone before the actual interview. Treat this like a real interview from your preparation to your attire. For some, simply being in interview attire can incite feelings of nervousness or anxiety because the clothing is often formal and less familiar. It's best to get comfortable with being in the attire that you will wear during interviews.
* Rehearse your [30-second pitch](https://drexel.edu/~/media/Files/scdc/best-practices/30SecondCommercial.ashx?la=en). For many, this is the most nerve-racking part of an interview, but mastering this introductory pitch can set the tone for a smoother interview. Rehearse your pitch in the mirror while focusing on positive facial expressions (i.e., [genuine smile](http://psychologytoday.com/blog/thriving101/201001/what-science-has-say-about-genuine-vs-fake-smiles)!).

**Plan Ahead**

* Write down questions you want to ask at the end of the interview and practice asking them out loud in advance.
* Spend time researching the company to increase your [talking points](http://drexel.edu/scdc/professional-pointers/interviewing/essentials).
* Map your route to the interview location and allow yourself plenty of travel time.
* Consider limiting or avoiding caffeine on the day of your interview.

**Mentally Prepare**

* Get physical exercise to relax the body. Wake up and go for a walk or a run, go to the gym, or do any physically exerting activity.
* Meditate or listen to relaxing music.
* Try positive self-talk ("I can and I will do this.", "I am good enough.", "I am qualified for this job.").
* Visualize positive outcomes ("This interview will go well, and it will end with me confidently shaking hands and gathering business cards.").
* Get excited! Try to relate to your feelings of anticipation in a new way by turning your nervous energy into excitement. Say to yourself "I am excited about this interview" rather than "I am nervous about this interview." There is a [new body of research](http://www.businessweek.com/articles/2013-12-31/feeling-nervous-dont-try-to-calm-down-get-excited) suggesting that those who relate to anxiety as excitement have a performance edge in stressful tasks such as interviewing.

**2.** [**During the Interview**](https://drexel.edu/scdc/professional-pointers/interviewing/stress/)

There is nothing worse than being anxious and trying to pretend that you aren't. For many, the biggest contributor to interview stress and anxiety is the fear that you are going to be visibly nervous and that you might embarrass yourself. A tool for managing this is, to be honest about your nerves and anxiety during an interview and recognize that you are not alone. If you stumble over your words or your voice cracks, rather than trying to pretend that it didn't happen, frame it in a positive manner. For example, "Interviewing can cause me to be a little nervous. Sometimes that means I might not convey my best thoughts in an interview. However, a positive trait of mine is that I'm very committed to my work and I'm confident I can bring this to your company and this position."

Most people will not fault you for your nerves. In fact, many will appreciate and respect your honesty and may even be able to relate to you. Consider that they too may be nervous as both an interviewer and interviewee, it may be their first time conducting an interview, or they may also get nervous each time they interview. Regardless, most will appreciate your bringing your full self to the situation.

**3.** [**Additional Strategies for Stress Management**](https://drexel.edu/scdc/professional-pointers/interviewing/stress/)

* **Bring a notebook with you and write down the questions you want to ask the employer**. This may help you if you get nervous and forget the important questions you want to communicate. You can also take notes as they are speaking to demonstrate your interest in the information they are providing.
* **Repeat the question that is asked of you**. Nerves may cause you to quickly jump into your response without thinking. Step back, slow down, take a deep breath, and repeat the question while you allow yourself time to formulate your response.
* **Breathe**. Remember to stay present, be engaged in the conversation, and focus on full, deep breaths if you feel nervous throughout the interview.
* **Laugh**. Try to cultivate a light-hearted approach. If you falter or misspeak, show that you can laugh at yourself rather than feel like it's the end of the world.
* **Consider that you too are trying to evaluate if the job is a good fit for you.** This may take some of the "spotlight" pressure off you and allow you to ask questions to evaluate your interest in the job and company.

**Mock interview**

A mock interview, also known as a practice interview, is a simulation of an actual [job interview](https://www.thebalancemoney.com/what-to-expect-during-a-job-interview-2063897). It provides job seekers with an opportunity to practice for an interview and receive feedback on their interviewing skills.

Mock interviews are an ideal way to practice for real job interviews because you are in a situation that mirrors an actual interview with a company. When you review your interview with the interviewer, you'll be able to modify your responses and interview behaviour, if necessary.

**What is a Mock Interview?**

A typical mock interview is a practice job interview held with a professional career counsellor. A mock interview helps you learn how to answer difficult questions, develop interview strategies, improve your communication skills, and reduce your stress before an actual job interview.

During a mock interview, the interviewer may use a [semi-structured interview](https://www.thebalancemoney.com/what-is-a-semi-structured-interview-2061632) format rather than asking a formal list of questions.

**Benefits of Practice Interviews**

Practice interviews familiarize users with the interview process and allow users to practice answering common interview questions with confidence. Video practice interviews are particularly helpful in that you can review not only your answers, but your body language, eye contact, and interview attire.

**Types of Mock Interviews**

Many college career centres and career counsellors offer in-person mock interviews. If you're a college student or graduate, check with your career office to see if they provide in-person, phone, or video mock interviews.

If you're not affiliated with a college or university, a [counsellor](https://www.thebalancemoney.com/how-to-choose-a-career-counselor-or-coach-2059777) is another option for practice interviewing. Also, check with your local library—some offer free interviewing coaching and preparation.

You can make an appointment with a mock interviewer, providing them with information on either a specific company with whom you are interviewing or your general career field. This will help them to create mock interview questions similar to those you will eventually encounter in your actual interviews.

**Note:** The more specific the information you can provide for your mock interviewer, the better. The mock interviewer will often record the interview with a video camera.

Some career centres and career counsellors also offer mock phone and online video interviews and will record your interview on a tape recorder or with a webcam.

After the mock interview (which usually lasts about 30 minutes), the interviewer will review the interview with you and provide feedback.

**Examples of Mock Interview Questions**

The questions asked during a mock interview are typically the more general employer [interview questions](https://www.thebalancemoney.com/job-interview-questions-and-answers-2061204) that are asked during a first-round or screening interview.

When you [schedule a mock interview](https://www.liveabout.com/job-interviews-6504751) with your college career centre or a career coach, provide them with as much information as possible about your interests and goals. The more information the counsellor has, the better he or she will be able to tailor the questions to fit the actual interviews you will have.

**1. Job-Specific Interview Questions**

Job-specific interview questions may be asked for candidates who know what type of position, career field, or industry they are interested in.

For example, if you are searching for a tech job, the interviewer can ask a series of tech interview questions to familiarize you with the types of questions that will be asked and to help you frame good responses.

If you're interviewing for a summer job, as another example, the interviewer can ask you the same [questions](https://www.thebalancemoney.com/job-interview-questions-and-answers-2061204) you will be asked by the people who hire for summer positions.

**2. Company-Specific Interview Questions**

If you are using a mock interview to [prepare for a job interview](https://www.thebalancemoney.com/practice-interview-tips-and-techniques-2062805) you have scheduled with a company, the interviewer may be able to ask you actual questions that are asked by hiring managers at the company. [Glassdoor.com](https://www.thebalancemoney.com/glassdoor-com-salaries-reviews-and-jobs-2060040) has company interview questions contributed by site visitors for many companies.

**Note:** Do take the time to prepare responses to the questions you will be asked during a mock interview. This is an opportunity to practice interviewing and to make sure that you have [the interview skills](https://www.thebalancemoney.com/winning-interview-skills-2061350) to make the best impression on your interviewer.

**How to Prepare for a Mock Interview**

Be sure to take your mock interview as seriously as you would an actual interview. Get ready for the interview just as you would for an interview with a hiring manager:

* Arrive 10 - 15 minutes early, and bring your resume and any other materials you would bring to a real interview.
* Bring a notebook to take notes on what your mock interviewer tells you.
* Dress in professional [interview attire](https://www.thebalancemoney.com/best-interview-attire-for-every-type-of-interview-2061364).
* Be sure all your technology is in working order when you're participating in a video interview.

You should also prepare answers to general interview questions before arriving. Here's more information on these types of [general interview questions](https://www.thebalancemoney.com/top-job-interview-questions-and-answers-2061226), including sample questions and answers you can review to get ready for your interview.

**Set Up Your Own In-Person Mock Interview**

If you're not in a situation where you can participate in a [mock interview](https://www.thebalancemoney.com/how-to-prepare-for-a-job-interview-2061361) with a professional counsellor, you can recruit a family member or friend to help you practice interviewing. The more you prepare, the more comfortable you will be with interviewing.

Just as you would with a professional career counsellor, provide your friend or relative with a copy of your resume and lists of the general and job-specific interview questions you think you’ll be asked. Dress as you would for a real interview, and remember to practice using an appropriate tone of voice and [body language](https://www.thebalancemoney.com/body-language-tips-for-your-next-job-interview-2060576) as you respond to your “interviewer’s” questions.

**Online Mock Interviews**

Another option for mock interviewing is utilizing an online program or application. Online practice interview programs provide job seekers with a pressure-free way to prepare and practice for upcoming job interviews. Some of these programs are very basic; users are given a series of random interview questions (either verbally or in writing) and type in answers. While these programs get users thinking about how to answer various questions, they do not allow users to practice verbalizing responses.

More sophisticated interview practice programs allow users to select questions related to their particular career field or the type of interview for which they are preparing (i.e., behavioural, [group interview](https://www.thebalancemoney.com/group-interview-questions-and-interviewing-tips-2061157), etc.). A pre-recorded video of a mock interviewer asks a series of questions; the user must then orally answer each question.

Sometimes users are given a time limit, so they learn to answer questions concisely. The program will record these audio answers, or users may be able to record themselves via video. After the simulated interview, the user can review their recording, or email the file to a friend, family member, or career counsellor for review.

Some programs even allow users to conduct live [online interviews](https://www.thebalancemoney.com/online-job-interviews-2064216) with actual career counsellors. The interviewer records the interview and then critiques the user's performance.

**Note:** Use LinkedIn's free [interview preparation tool](https://www.linkedin.com/interview-prep/assessments/urn:li:fs_assessment:%281,a%29/question/urn:li:fs_assessmentQuestion:%2810011,aq11%29/) to practice and record your responses to common interview questions and get feedback.

**Fee-Based Interview Programs**

Be aware, however, that some online practice interview programs cost money, particularly the programs that record your interview or involve actual career counsellors. Thoroughly review any online practice interview program; make sure the program offers what you want at a cost that fits your budget.

**Key Takeaways**

* Mock interviews are a great way to practice for real job interviews.
* College career centres, career counsellors, and career coaches offer one-on-one mock interview services.
* Online interviewing tools provide job seekers with an easy way to prepare and practice for upcoming job interviews.