Interviews Report

**Name**: Gage Strong

# Interview 1

1. Was this an actual or practice interview? Check the box: x Real, ☐ Mock
2. What type of interview did you complete (one-way video, face to face, panel, etc.)?

In person Face to Face

1. Who did you complete the interview with? Share their name and employer.

Her name was erin. It was at the abbey inn

1. Is this person a professional in your industry? Check the box: ☐ Yes x No

**Write** a brief reflection (150 to 200 words) on your experience. Answer at least the following in your reflection:

1. Describe one thing that went well during your interview. (If you did a mock interview, this could include feedback you received from the person you interviewed.)
2. Describe one thing that you can improve on in your next interview. (If you did a mock interview, this could include feedback you received from the person you interviewed.)How do you feel the interview went, in general? If you did a practice interview and not a real one, what feedback did your interviewer give you?

# I recently had a real face-to-face interview with Erin at the Abbey Inn. Although Erin is not a professional in my industry, the interview experience was valuable. One thing that went well during the interview was my ability to confidently discuss my qualifications and experiences, which allowed me to showcase my relevant skills.

# However, there is always room for improvement. I realized that I need to work on my ability to provide more specific examples when answering questions. While I talked about my skills and experiences, I could have made my responses more impactful by illustrating them with concrete instances from my past

# .Interview 2

1. Was this an actual or practice interview? Check the box: x Real, ☐ Mock
2. What type of interview did you complete (one-way video, face to face, panel, etc.)?

Video skype call

1. Who did you complete the interview with? Share their name and employer.

Connie Amerigas

1. Is this person a professional in your industry? Check the box: x Yes ☐ No

**Write** a brief reflection (150 to 200 words) on your experience. Answer at least the following in your reflection:

1. Describe one thing that went well during your interview. (If you did a mock interview, this could include feedback you received from the person you interviewed.)
2. Describe one thing that you can improve on in your next interview. (If you did a mock interview, this could include feedback you received from the person you interviewed.)How do you feel the interview went, in general? If you did a practice interview and not a real one, what feedback did your interviewer give you?

The interview was a notably positive experience, with my responses effectively addressing the questions presented. However, there's room for personal growth in two key areas. Firstly, I aim to conquer nervousness during interviews. While I performed well, I believe that reducing any residual nervousness will further elevate my confidence and performance.

Secondly, I recognize the importance of enhancing my eye contact skills. Strong and confident eye contact is a powerful non-verbal communication tool that can significantly impact how I come across during interviews. Improving this aspect will not only boost my self-assurance but also convey my enthusiasm and engagement more effectively to the interviewer.

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