

MOCK INTERVIEW REFLECTION

Using STAR Method

SITUATION:

I participated in a 45-minute mock interview for an entry-level ICT position, conducted by Sibahle Gogwana. The interview was conducted via Microsoft Teams and simulated a real job interview environment with technical, behavioural, and situational questions.

TASK:

My objectives were to:

- Demonstrate my technical knowledge and problem-solving abilities
- Practice articulating my academic experiences professionally
- Receive constructive feedback on my interview performance
- Identify areas for improvement before real interviews
- Build confidence in discussing my qualifications

ACTION:

Preparation:

- Researched common ICT interview questions and company information
- Prepared STAR responses for behavioural questions
- Reviewed technical concepts from my coursework
- Tested technology and set up professional background
- Practiced answers aloud to improve fluency

During Interview:

- Maintained professional demeanour and eye contact
- Used structured approach for technical questions
- Applied STAR method for behavioural questions

- Asked thoughtful questions about the role and company
- Took brief notes on feedback points

Post-Interview:

- Immediately documented my self-observations
- Reviewed the evaluator's feedback carefully
- Identified specific patterns in areas needing improvement
- Created an action plan for addressing weaknesses

RESULT:

Immediate Outcomes:

- Received overall positive feedback on communication and preparation
- Identified 3 key areas for improvement: technical depth, results quantification, and confidence
- Gained valuable practice in virtual interview format
- Built confidence through successful question handling

Key Learnings:

1. Technical Articulation: I need to better connect theoretical knowledge to practical business applications
2. Story Enhancement: My STAR stories need more specific, quantifiable results
3. Confidence Building: I should practice discussing my capabilities more assertively
4. Industry Context: I need to research how academic concepts apply in industry settings

Action Plan for Improvement:

1. Practice Quantifying Results: Add specific metrics to all my STAR stories

2. Technical Deep Dives: Research how companies actually use technologies I've studied
3. Mock Interview Schedule: Schedule 2 more practice sessions before real interviews
4. Feedback Implementation: Focus on one improvement area in each practice session

Long-term Impact:

This mock interview provided crucial insights that will significantly improve my performance in actual job interviews. The specific, actionable feedback gives me clear direction for my professional development. I now understand how to better position my academic experiences as valuable assets to employers.

Self-Rating: 7/10 - Good foundation identified, clear path for improvement established