

## ENGR 130 Video Interview Self Assessment Worksheet

Fill out the rubric below (A) and then answer questions B and C to assess your video interview. Be honest with your assessment of your own performance. Your marks for the assignment will be based on both the video and on your self-assessment. Make sure that in the video, you use the STARR technique to answer the question. Once you have completed this self-assessment, save this document as a PDF, and submit it to the assignment in Brightspace.

**A) Mark an X to indicate your self-assessment on the following parameters:**

<b>Video quality: Lighting/sound/ position/background</b>	<b>Too dark or light. sound quality is poor; head is too near/far/ not centred; background is distracting</b>	<b>Lighting is good; sound is clear; head is centred; background is fine.</b>
Self Assessment:	Background – Not Sure	Lighting – Okay Sound – Okay Head - Centered
<b>Eye contact, body language, smile</b>	<b>Minimal eye contact, poor posture, some fidgeting, no smiling.</b>	<b>Good eye contact, attentive posture, smiling, no fidgeting.</b>
Self Assessment:	Minimal Eye Contact No Smiling	Attentive Posture, Little Fidgeting
<b>Volume, pacing, flow</b>	<b>Too quiet/loud; speaking too fast or slow; lots of “um”, “like” or other fillers.</b>	<b>Appropriate volume and pace; minimal use of fillers.</b>
Self Assessment:		Volume and Pacing – Appropriate, Fillers in minimal.
<b>STARR Technique: situation</b>	<b>Answer does not describe the situation.</b>	<b>Answer describes the situation.</b>
Self Assessment:		Situation Described
<b>STARR Technique: tasks</b>	<b>Answer does not describe the tasks.</b>	<b>Answer describes the tasks.</b>
Self Assessment:		Task Described
<b>STARR Technique: actions</b>	<b>Answer does not describe the actions.</b>	<b>Answer describes the actions.</b>
Self Assessment:		Actions Described
<b>STARR Technique: results</b>	<b>Answer does not describe the results.</b>	<b>Answer describes the results.</b>
Self Assessment:		Results Talked
<b>STARR Technique: reflection</b>	<b>Answer does not include reflection.</b>	<b>Answer includes reflection.</b>

Self Assessment:	Failed to mention anything about reflection in the given time.	
<b>Overall clarity and detail</b>	<b>Answer is hard to follow or not correctly detailed.</b>	<b>Answer is clear and has appropriate level of detail.</b>
Self Assessment:		Answer is clear and has appropriate level of detail

**B) What did you learn about yourself and your interview skills from doing the video interview?**

I learned that I need some significant amount of time to get myself prepared for an interview call, or an in-person interview. I realised that I get anxious and worried while answering certain situations / questions, that I forget to put certain words into correct order (An example would be the end of the video interview, when I forgot the specific word to describe the situation, and ended up saying that this was the most difficult “part” of my life, rather than “event”/”challenge”)

**C) How could you improve your video interview?**

I think I need enough preparations, reflection, and self-assessment to get myself prepared for an interview. I also realized that I needed enough time and effort to make myself mentally prepared for an interview.