**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.

1. **Mark an X to indicate your self-assessment on the following parameters:**

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