

Mock Interview Rating Scale – Student Version

Instructions: This scale includes ten interview questions that might be similar to questions you are asked in a real job interview.

After you answer each question, stop and rate your response using the scale below. The instructor will also rate your response. Then, you can compare results and talk about your performance. This will help you be more prepared for the real interview!

Name: _____

Date: _____

1) <i>"Tell me a little bit about yourself."</i>	Score: check one box
<p style="text-align: center;">POOR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a very short response, or no response. • My response was not related to the question. • I told highly personal / inappropriate information (personal health, religion, politics, personal conflicts, relationship status, etc.). • My answer was very negative (I said negative things about myself, teachers, co-workers, peers, previous work, school, etc.). • My examples and details were negative and presented me in a highly unfavorable way. 	
<p style="text-align: center;">FAIR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave an incomplete response, I only answered part of the question. • I got off topic some. • I only gave limited examples and details. • I made mildly negative references (about myself, teachers, co-workers, peers, previous work, school, etc.). 	

	Score: check one box
<p style="text-align: center;">GOOD</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a complete response. • My examples and details were related to the question. • I gave adequate detail and examples to support my response. • My details and examples were positive and portrayed me in a good way. 	
<p style="text-align: center;">EXCELLENT</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • My examples and details provided were highly relevant to the question. • My examples and details were positive and presented me in a highly favorable way. • I gave a complete response and stayed on the topic of the question. 	

2) <i>"Tell me about any work or volunteer experiences that you have had."</i>	Score: check one box
<p style="text-align: center;">POOR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a very short response, or no response. • My response was not related to the question. • I told highly personal / inappropriate information (personal health, religion, politics, personal conflicts, relationship status, etc.). • My answer was very negative (I said negative things about myself, teachers, co-workers, peers, previous work, school, etc.). • My examples and details were negative and presented me in a highly unfavorable way. 	
<p style="text-align: center;">FAIR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave an incomplete response, I only answered part of the question. • I got off topic some. • I only gave limited examples and details. • I made mildly negative references (about myself, teachers, co-workers, peers, previous work, school, etc.). 	

	Score: check one box
<p style="text-align: center;">GOOD</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a complete response. • My examples and details were relevant to the question. • I gave adequate detail and examples to support my response. • My details and examples were positive and portrayed me in a good way. • Even if I have never worked or volunteered, I was able to describe the type of experiences I would like to have in the future. • I described work or volunteer experiences that went well for me (that had a good outcome). 	
<p style="text-align: center;">EXCELLENT</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • My examples and details provided were highly relevant to the question. • My examples and details were positive and presented me in a highly favorable way. • I gave a complete response and stayed on the topic of the question. • Even if I have never worked or volunteered, I was able to describe in detail the type of experiences I would like to have in the future. • I described work or volunteer experiences that went really well for me (that had an excellent outcome). 	

3) <i>"What are some of your strengths?"</i>	Score: check one box
<p style="text-align: center;">POOR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a very short response, or no response. • My response was not related to the question. • I told highly personal / inappropriate information (personal health, religion, politics, personal conflicts, relationship status, etc.). • My answer was very negative (I said negative things about myself, teachers, co-workers, peers, previous work, school, etc.). • My examples and details were negative and presented me in a highly unfavorable way. 	
<p style="text-align: center;">FAIR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave an incomplete response, I only answered part of the question. • I got off topic some. • I only gave limited examples and details. • I made mildly negative references (about myself, teachers, co-workers, peers, previous work, school, etc.). • The strengths I described were not relevant to the job in any way. 	
<p style="text-align: center;">GOOD</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a complete response. • My examples and details were related to the question. • I gave adequate detail and examples to support my response. • A few of the strengths I described were relevant to the job. • My details and examples were positive and portrayed me in a good way. 	
<p style="text-align: center;">EXCELLENT</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • My examples and details provided were highly relevant to the question. • My examples and details were positive and presented me in a highly favorable way. • I gave a complete response and stayed on the topic of the question. • The strengths I described were highly relevant to the job. 	

4) <i>“What would you say are some of your weaknesses?”</i>	Score: check one box
<p style="text-align: center;">POOR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a very short response, or no response. • My response was not related to the question. • I told highly personal / inappropriate information (personal health, religion, politics, personal conflicts, relationship status, etc.). • My answer was very negative (I said negative things about myself, teachers, co-workers, peers, previous work, school, etc.). • My examples and details were negative and presented me in a highly unfavorable way. 	
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<p style="text-align: center;">GOOD</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a complete response. • My examples and details were related to the question. • I gave adequate detail and examples to support my response. • A few of the strengths I described were relevant to the job. • My details and examples were positive and portrayed me in a good way. 	
<p style="text-align: center;">EXCELLENT</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • My examples and details provided were highly relevant to the question. • My examples and details were positive and presented me in a highly favorable way. • I gave a complete response and stayed on the topic of the question. • The weakness I described was relevant to the job, but I described how I overcome the weakness, or how the weakness can actually be a strength in some ways. 	

5) <i>“Why are you interested in this position?”</i>	Score: check one box
<p style="text-align: center;">POOR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a very short response, or no response. • My response was not related to the question. • I told highly personal / inappropriate information (personal health, religion, politics, personal conflicts, relationship status, etc.). • My answer was very negative (I said negative things about myself, teachers, co-workers, peers, previous work, school, etc.). • My examples and details were negative and presented me in a highly unfavorable way. 	
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<p style="text-align: center;">GOOD</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a complete response. • My examples and details were related to the question. • I gave adequate detail and examples to support my response. • A few of the strengths I described were relevant to the job. • My details and examples were positive and portrayed me in a good way. 	
<p style="text-align: center;">EXCELLENT</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • My examples and details provided were highly relevant to the question. • My examples and details were positive and presented me in a highly favorable way. • I gave a complete response and stayed on the topic of the question. • I gave a number of very good reasons why I want this job. 	

6) “Some people are not so easy to get along with. Tell me about a time where you had to work with someone in school or on the job who was difficult to get along with.”	Score: check one box
<p style="text-align: center;">POOR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a very short response, or no response. • My response was not related to the question. • I told highly personal / inappropriate information (personal health, religion, politics, major personal conflicts, relationship status, etc.). • My answer was very negative (I said really negative things about myself, teachers, co-major personal conflicts, relationship status, etc.). • My examples and details were negative and presented me in a highly unfavorable way. • I described a situation that turned out badly (it had a really negative outcome). • I said that I am unwilling to work with others on assignments or tasks. 	
<p style="text-align: center;">FAIR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave an incomplete response, I only answered part of the question. • I got off topic some. • I only gave limited examples and details. • I made mildly negative references (about myself, teachers, co-workers, peers, previous work, school, etc.). • I have never been in that situation, and I was not able to describe what I might do if I were in a situation like that. • My response showed that I might not be able to work well with others. 	
<p style="text-align: center;">GOOD</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a complete response. • My examples and details were related to the question. • I gave adequate detail and examples to support my response. • My details and examples were positive and portrayed me in a good way. • I have never been in that situation, but I was able to briefly describe what I might do if I were in a situation like that. • I described a situation that ended well (it had a positive outcome). • My response showed that I can work well with others. 	

	Score: check one box
<p style="text-align: center;">EXCELLENT</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • My examples and details provided were highly relevant to the question. • My examples and details were positive and presented me in a highly favorable way. • I gave a complete response and stayed on the topic of the question. • I have never been in that situation, but I was able to describe in detail what I might do if I were in a situation like that. • I described a situation that ended really well (it had a very positive outcome). • My response showed that I can almost always work well with others. 	

7) <i>"What do you do when you feel really frustrated or stressed?"</i>	Score: check one box
<p style="text-align: center;">POOR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a very short response, or no response. • My response was not related to the question. • I told highly personal / inappropriate information (personal health, religion, politics, major personal conflicts, relationship status, etc.). • My answer was very negative (I said really negative things about myself, teachers, co-workers, peers, previous work, school, etc.). • My examples and details were negative and presented me in a highly unfavorable way. • I described a situation that turned out badly (it had a really negative outcome). • I said that I do not handle frustration or stress well at all. 	

	Score: check one box
<p style="text-align: center;">FAIR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave an incomplete response, I only answered part of the question. • I got off topic some. • I only gave limited examples and details. • I made mildly negative references (about myself, teachers, co-workers, peers, previous work, school, etc.). • I have never been in that situation, and I was not able to describe what I might do if I were in a situation like that. • My response showed that I might not be able to handle frustration and stress very well. 	
<p style="text-align: center;">GOOD</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a complete response. • My examples and details were related to the question. • I gave adequate detail and examples to support my response. • My details and examples were positive and portrayed me in a good way. • I have never been in that situation, but I was able to briefly describe what I might do if I were in a situation like that. • I described a situation that ended well (it had a positive outcome). • My response showed that I can handle frustration and stress appropriately. 	
<p style="text-align: center;">EXCELLENT</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • My examples and details provided were highly relevant to the question. • My examples and details were positive and presented me in a highly favorable way. • I gave a complete response and stayed on the topic of the question. • I have never been in that situation, but I was able to describe in detail what I might do if I were in a situation like that. • I described a situation that ended really well (it had a very positive outcome). • My response showed that I use strategies to deal with stress and frustration appropriately. 	

8) “What is the best part of working with a group or team? What is the worst part?”	Score: check one box
<p style="text-align: center;">POOR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a very short response, or no response. • My response was not related to the question. • I told highly personal / inappropriate information (personal health, religion, politics, major personal conflicts, relationship status, etc.). • My answer was very negative (I said really negative things about myself, teachers, co-workers, peers, previous work, school, etc.). • My examples and details were negative and presented me in a highly unfavorable way. • I described a teamwork situation that turned out badly (it had a really negative outcome). • I said that I am not willing to work with a group or team. 	
<p style="text-align: center;">FAIR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave an incomplete response, I only answered part of the question. • I got off topic some. • I only gave limited examples and details. • I made mildly negative references (about myself, teachers, co-workers, peers, previous work, school, etc.). • I have never been in that situation, and I was not able to describe what I might do if I were in a situation like that. • My response showed that I might not be able to work with a group or team very well. 	
<p style="text-align: center;">GOOD</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a complete response. • My examples and details were related to the question. • I gave adequate detail and examples to support my response. • My details and examples were positive and portrayed me in a good way. • I have never been in that situation, but I was able to briefly describe what I might do if I were in a situation like that. • I described a situation that ended well (it had a positive outcome). • My response showed that I can work well with others, and I can handle the more difficult parts of teamwork too. 	

	Score: check one box
<p style="text-align: center;">EXCELLENT</p> <p>Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • My examples and details provided were highly relevant to the question. • My examples and details were positive and presented me in a highly favorable way. • I gave a complete response and stayed on the topic of the question. • I have never been in that situation, but I was able to describe in detail what I might do if I were in a situation like that. • I described a situation that ended really well (it had a very positive outcome). • My response showed that I understand why teamwork is good, and that I can overcome the more difficult aspects of teamwork as well. 	

9) “Describe a time where you helped someone out. Who were they and what did you do to help them?”	Score: check one box
<p style="text-align: center;">POOR</p> <p>Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a very short response, or no response. • My response was not related to the question. • I told highly personal / inappropriate information (personal health, religion, politics, major personal conflicts, relationship status, etc.). • My answer was very negative (I said really negative things about myself, teachers, co-workers, peers, previous work, school, etc.). • My examples and details were negative and presented me in a highly unfavorable way. • I said that I have never helped anyone, or I was unwilling to help. 	

	Score: check one box
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<p style="text-align: center;">GOOD</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a complete response. • My examples and details were related to the question. • I gave adequate detail and examples to support my response. • My details and examples were positive and portrayed me in a good way. • I have never been in that situation, but I was able to briefly describe what I might do if I were in a situation like that. • I described a situation that ended well (it had a positive outcome). • My response showed that I would probably help people when I am at work. 	
<p style="text-align: center;">EXCELLENT</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • My examples and details provided were highly relevant to the question. • My examples and details were positive and presented me in a highly favorable way. • I gave a complete response and stayed on the topic of the question. • I have never been in that situation, but I was able to describe in detail what I might do if I were in a situation like that. • I described a situation that ended really well (it had a very positive outcome). • My response showed that I would often help people when I am at work. 	

10) "Tell me about a time when you had a difficult project or assignment and you were not sure what to do about it. How did you handle it?"	Score: check one box
<p style="text-align: center;">POOR</p> <p style="text-align: center;">Here are <i>some</i> reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave a very short response, or no response. • My response was not related to the question. • I told highly personal / inappropriate information (personal health, religion, politics, major personal conflicts, relationship status, etc.). • My answer was very negative (I said really negative things about myself, teachers, co-workers, peers, previous work, school, etc.). • My examples and details were negative and presented me in a highly unfavorable way. • I said that I do not know what to do when this happens. 	
<p style="text-align: center;">FAIR</p> <p style="text-align: center;">Here are some reasons why you might score your response this way:</p> <ul style="list-style-type: none"> • I gave an incomplete response, I only answered part of the question. • I got off topic some. • I only gave limited examples and details. • I made mildly negative references (about myself, teachers, co-workers, peers, previous work, school, etc.). • I have never been in that situation, and I was not able to describe what I might do if I were in a situation like that. 	
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