



Career Life Plan Workshop #6

Developing Interview Skills

Contacts

Career Transition Coaches:

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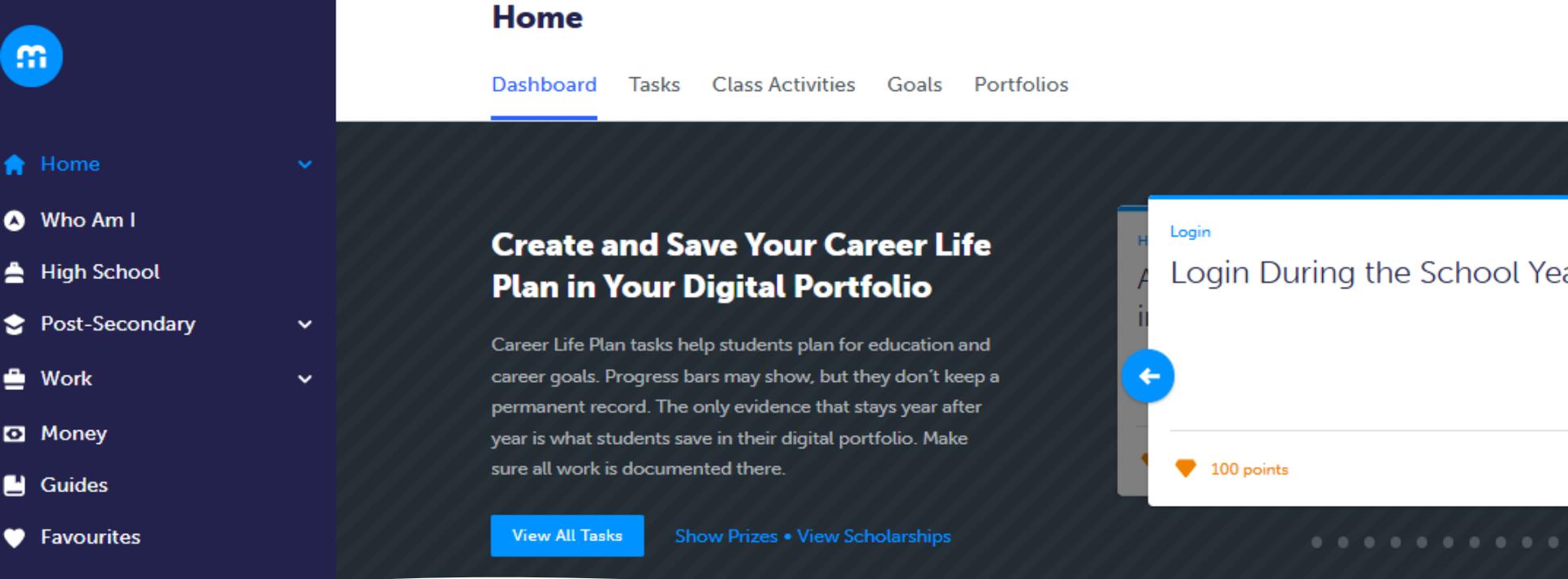
EECD:

- Tricia Berry, Learning Specialist for Career Connected Learning



Why Interview Skills Matter

- Interviews help you showcase skills, experiences, and personality
- Being prepared builds confidence and reduces anxiety
- Interviews are often a key step in career and post-secondary opportunities



How myBlueprint Supports Interview Preparation

- **Self-assessment:** Identify strengths, skills, and experiences
- **Portfolio:** Upload achievements, projects, and experiences to reference
- **Resume & Cover Letter Tools:** Review experiences to prepare answers
- **Goal Setting:** Track interview practice and improvement

Set the Learning Objectives

- Students should be able to:
- Identify their strengths, skills, and career interests.
- Prepare answers for common interview questions.
- Practice professional communication
- Reflect on their performance and set personal goals for improvement.

Pre-Interview Preparation

Tasks for Students:

- **Research:** Learn about the career or position they are “interviewing” for.
- **Resume/Portfolio Prep:** Bring a resume, portfolio, or a “personal profile.”
- **Practice Questions:** Prepare answers for questions such as:
 - Tell me about yourself.
 - What are your strengths and skills?
 - Why are you interested in this role/career?
- **Professional Appearance:** Discuss dress code, body language, and etiquette.
- ✓ **CLP Element: Goal-setting and skills development**

Conducting the Interview

- **Peer Interviews:** Students pair up and take turns being interviewer and interviewee.
- **Teacher-Led Mock Interview:** You act as the interviewer and give feedback.
- **Guest Interviewer:** Invite a professional to conduct mock interviews with students.
- **Focus Areas:**
 - Communication clarity
 - Confidence and poise
 - Ability to connect skills/interests to the position
- ✓ **CLP Element:** Experiential learning + skill demonstration.

Reflection & Documentation

After the interview, students should:

- Reflect on what went well and what could improve.
- Document their learning in a CLP reflection sheet:
 - What skills did I use?
 - What new skills do I want to develop?
 - How does this interview relate to my career interests?
- Set actionable goals for next steps.

Post-Reflection:

- Students can **video record their mock interviews** to self-assess.
- CLP can integrate their resume, interview reflections, and goals.
- Include peer or teacher feedback as part of CLP documentation.



Interview Skills Workshop

ASDS offers workroom coordinators who provide interview skills workshops.



Hopeful Transitions Resource

Hopeful Transitions Resource

- Website: hopefultransitions.nbed.ca
- Helps with:
 - Post-secondary planning
 - Scholarships & funding
 - Transition checklists
 - Career exploration resources

Workshop Schedule

Workshop 7: Student led conference	Wednesday, March 18, 2025 3:30pm - 4:15pm	Join the meeting now Meeting ID: 225 518 008 767 8 Passcode: U3Hf9fP9
Workshop 8: Check-ins	Wednesday, April 22, 2025 3:30pm - 4:15pm	Join the meeting now Meeting ID: 259 710 809 892 Passcode: EF6Pe7ku
Workshop 9: Supports / Planning for next year	Wednesday, May 13, 2025 3:30pm - 4:15pm	Join the meeting now Meeting ID: 226 729 432 886 0 Passcode: c8wv235X