



Life after Laurus

Preparing for an Interview

The intended audience for this document is **Students**

All students have an equal entitlement to high quality Careers Education, Information, Advice and Guidance at Laurus Schools that helps to prepare them for choices and transitions affecting their future education, training and employment.

Preparing for an Interview at College/6th Form/Apprenticeship or Job

Often companies use interviews to see what candidates that have applied for jobs are like in person. They are also used by Colleges, 6th Forms and apprenticeship providers to find out about why you want to join their establishment. Interviews can be nervous, that's a common feeling. Preparing beforehand is so important.



Interview Skills

"Watch this video about how to perform in an interview – it shows how you should perform"

Some top tips for Interviews:

- **Slow down** - Nerves can cause you to speed up your speech. Remember to breath and take your time before answering questions.
- **Watch your body language** - Nerves can make you want to curl up small, but it's important to stand up tall and make sure your body language is always open and welcoming.
- **Listen** - When we are nervous we often forget to listen closely to what we are being asked but it's important to listen closely and not to be afraid to ask an interviewer to repeat a question.
- **Prepare and practice** - The more your practice and prepare ahead of the interview, the more confident you will feel.



Online Interviews

"Some brief tips and advice about conducting an Online interview for College/6th Form"