

# Mock Interviewing at the Career Center



The Mock Interview Program gives you the opportunity to practice your interviewing skills and then receive feedback on your performance. The interview focuses on how well you know yourself and your past experiences, how well you know the industry you hope to enter, and how well you can articulate that information. You will get the most out of your experience if you treat it as you would an actual interview.

*“Very helpful! I don’t know what I would have done without this mock interview. It boosted my confidence and ability to be interviewed 10 fold. Thank you!”*

*Sophomore, Psychology*

## Why Should You Participate in a Mock Interview?

The way you present yourself in an interview can make the difference between getting a job or graduate school offer and getting a rejection letter. It is a great idea to practice your interviewing skills before a job or graduate program is on the line. A mock interview is designed to help you:

- Practice interviewing
- Develop interviewing strategies
- Reduce your anxiety and nervousness before your actual interview
- Create a good first impression

## Who Conducts Mock Interviews?

Mock interviews are conducted by Mock Interview Mentors (MIMs). MIMs are current FSU students who have been trained on all aspects of the interview process. Applications are accepted during fall and spring semesters and all majors are eligible to apply. Employers and staff members also conduct mock interviews during a special week each semester

## One-on-One Mock Interviews

One-on-one mock interviews take place in an actual interview room in the Career Center. They last about an hour, are videotaped, replayed, and critiqued immediately afterward. You should arrive early and dress professionally, just as you would for a job interview.

“The mock interview helped remind me of questions I need to prepare and watch out for. It also gave me more experience to feel comfortable in actual interviews.”

Senior, Chemical Engineering

## Telephone Mock Interviews

Mock telephone interviews are also offered during the fall and spring semesters. A trained Mock Interview Mentor will call you on your designated date/time and conduct a 20-30 minutes interview via phone. The mentor will then review the recorded interview, call you again to provide feedback, and allow you to listen to a portion of the recorded interview via the phone's handset. Additional feedback may also be provided by e-mail.

## How Do You Schedule a Mock Interview?

To sign up for a mock interview, you must be registered with SeminoleLink and be authorized for *Plus!* services. To learn more, visit [career.fsu.edu](http://career.fsu.edu), call 850.644.9776, or e-mail [mockinterview@fsu.edu](mailto:mockinterview@fsu.edu).



“I felt that [the mock interview] was very helpful. I would recommend everyone to do this at least once.”

Senior, Merchandising



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