

CHAPTER 9 · 5 EXERCISES

PERFORMING AT INTERVIEW

(calm enough, clear enough, and memorable)

Print a fresh copy for every application. The free interactive lesson for this chapter is at attprofessionallanguageservices.com/dream-job/9/.

TRY THIS 10 minutes · before every interview

THE FIRST-FIVE-MINUTES REHEARSAL

Before your next interview, rehearse the opening out loud: your greeting, an answer to "How was your journey?" and your thirty-second pitch. Run through it twice. The first few minutes are the part you can prepare most completely, so make them automatic.

★ CORE ACTIVITY 45 minutes · in the lesson

THE RECORDED MOCK INTERVIEW

Choose six questions from your question predictor in Chapter 8. Record yourself answering them on your phone or laptop, one after another, without stopping. Then watch it back once, and score each answer.

QUESTION	CLEAR STRUCTURE? (1–5)	RESULT STATED? (1–5)	ABOUT 2 MINUTES?

Pick the weakest answer and record it again. Most people improve noticeably on the second attempt, which tells you something useful: practice works.

TRY THIS 5 minutes · once

THE SPEED CHECK

Record yourself answering one question. Count the words in one minute of your answer. If it's much more than 150, practise the same answer more slowly, with a short pause after each sentence, until it feels comfortable.

TRY THIS 10 minutes · once

THE CURVEBALL DRILL

Ask a friend to put five unexpected questions to you, or use the random question generator in the lesson. Answer each one with a short pause, a clear point and a link to a real strength. The aim isn't a perfect answer; it's staying calm and structured when you're surprised.

TRY THIS 15 minutes · after every interview

THE THANK-YOU EMAIL AND DEBRIEF

DEBRIEF QUESTION	MY NOTES
Which questions did they ask?	
Which answer went best, and why?	
Which answer would I change, and how?	
What did I learn about the role or the organisation?	
Next step and date	