

# MOCK INTERVIEW GUIDE

*Mock Interviews are an opportunity for you to have a simulated healthcare school interview and receive feedback from a pre-health or career advisor. Mock interviews will help you to practice your interview presence, skills, and the content of your answers.*

## Why should I do a Mock Interview?

Participating in a Mock Interview will allow you to:

- Practice basic interview skills including: minimizing use of “filler words”; professionalizing your vocabulary; eye contact; body language, etc.
- Practice answering common healthcare program questions that are likely to be asked in an interview
- Discuss with a pre-health or career advisor the strength of your application and what to highlight in the interview

## When should I do a Mock Interview?

Mock Interviews are highly recommended for juniors or seniors who are getting close to applying to professional school, but are open to anyone. Plan to do several Mock Interviews in the months leading up to your professional school interviews.

## How are Mock Interviews conducted?

Mock Interviews are conducted 1:1 with a pre-health or career advisor, in person or virtually. Check [exploreregistration.unl.edu](https://exploreregistration.unl.edu) to view the method of delivery for each Mock Interview.

## How long are Mock Interviews?

**45 minutes:** This allows for preliminary discussion between you and the interviewer, a 20-25 minute interview, and time for feedback and reflection at the end.

## What should I wear to my Mock Interview?

**Formal attire is not required.** However, as you get closer to your professional school interviews, we recommend preparing for it by dressing for the Mock Interview as you plan to dress for the real interview. The advisor can give you feedback on attire.

## How can I make the most of my Mock Interview?

**Before your Mock Interview:**

- Reflect on key experiences you’ve had inside and outside the classroom, such as classes, shadowing, volunteering etc.
- Consider how these experiences have shaped you and prepared you to enter the profession for which you are applying

**After your Mock Interview:**

- Take notes on the feedback you receive from the advisor
- Schedule another Mock Interview for more practice, if needed

## Where do I sign up for a Mock Interview?

Mock Interviews are offered several times each fall and spring semester and in late summer. You can view the schedule and register for a Mock Interview here: [exploreregistration.unl.edu](https://exploreregistration.unl.edu).



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