Springpod®

STUDENT GUIDE

AI INTERVIEW COACH · FREE

Feel ready for your next interview

Practise a real-style interview by speaking your answers out loud, then get feedback to help you improve. It's not a real job interview, so there's no pressure, and you can have as many goes as you like.

PICK AN EMPLOYER TO PRACTISE WITH

RAF · Rolls-Royce · Coventry Building Society · Vistry

Why give it a go?

The more you practise, the more natural interviews feel. It's ideal if you're:

- Getting ready for a mock interview
- Invited to a work experience interview
- Thinking about an apprenticeship
- Applying for college, sixth form or university
- Applying for a part-time job
- Wanting to feel more confident

What you'll get out of it

Confidence

Practise in private, at your own pace, before it really counts.

Personal feedback

Find out what went well and how to make your answers even stronger.

Progress you can see

4.9 → 6.5

The average RAF interview score, from first try to latest.

A feel for real employers

Questions reflect what employers look for in people starting out.

No work experience? No problem. Examples from school, coursework, part-time jobs, clubs, helping out at home or Springpod programmes all count.

What happens in your interview

1. **Hello**
   The coach introduces itself and checks you're ready.

2. **An easy start**
   It begins gently, asking what interests you about the employer.

3. **Your story**
   It asks about your background and experiences, then some more focused questions.

4. **One question at a time**
   The coach listens, picks up on what you've said, and might ask a follow-up for a clearer example, more about your role, or what happened in the end.

5. **Goodbye**
   After at least eight questions, the interview finishes with a short goodbye.

The questions cover three areas

Your story
Your background, experience and what motivates you

Your skills
What you did, why you did it and what happened

Your interest
What interests you about the employer and the difference it makes

Your feedback

You won't be scored during the interview, so you can just focus on talking. Afterwards, you'll get written feedback and a score out of 10 for:

- **Your work experience examples**
- **Your career readiness examples**
- **Your enthusiasm and understanding**

Then try again as many times as you like.

You're in control

- ✓ The coach is friendly and encouraging, never harsh.
- ✓ It won't judge your accent, grammar or how fluently you speak.
- ✓ It won't write your answers for you, so every improvement is yours.
- ✓ You can ask to stop at any time.
- ✓ If you mention something worrying, such as being hurt, bullied or feeling unsafe, the coach will stop the interview and suggest you talk to someone you trust, like a teacher, family member or friend.

Top tips before you start

Find a quiet space

You'll be speaking out loud, so headphones with a microphone or a quiet room work best.

Have a think first

Jot down two or three things you're proud of: a school project, a team you've been part of, a time you helped someone, or a part-time job.

Use real examples

Say what the situation was, what *you* did, and what happened as a result.

Show your interest

Have a quick look at what the employer does before you start, so you can say why it appeals to you.

Take your time

It's fine to pause and think before you answer.

Have another go

Read your feedback, pick one thing to improve, and try again.

IT'S FREE

Get started in two steps

1 **Create your free Springpod account**

space.springpod.com/sign-up

2 **Choose an employer and start your interview**

RAF

springpod.com/work-experience-sprints/royal-air-force-interview-practice/WEXS-00942

Rolls-Royce

rolls-royce.springpod.com/interview-coach

Coventry Building Society

workinsights-cbs.springpod.com/experiences/ai-interview-coach

Vistry

vistry.springpod.com/interview-coach

When you start, allow your browser to use your microphone so the coach can hear you.