



AFTER THE INTERVIEW

The interview is over and you feel..... relieved, happy, nervous, anxious, overwhelmed etc. .,etc., etc.

It is quite normal to have these feelings. One of the first things we tend to say to ourselves is - 'if only I said that' or 'I should have said that' or 'why did I say that'. These are all normal reactions.

Accepting what happened has happened and that it cannot be changed is key and learning from the experience and using any feedback provided to develop further.

I always believe it is a 'nice touch' to send a courtesy email at the end of the day to express your satisfaction on the interview, that you are still interested in the role and that you look forward to hearing from them soon.

Waiting for the outcome of the interview can seem like a long time, whether it be the email, letter or the phone call we are waiting for. Be patient and do not be tempted to call the company the day after. If by the time they have indicated you should have a response you have not heard anything, send a polite email or make a courtesy telephone call to them to enquire about the outcome.

Successful Outcome

If you have been successful, well done! You are now embarking on your first or next career move. It can be scary not knowing exactly what to expect and what the job will turn out like.

I have always gathered feedback from my interviews when I have been successful. I do this to understand what I did well as well as what could be developed further once I am in the role. It has also allowed me to enter the new role knowing I can develop into it and beyond as opposed to thinking I have it all and then realising I need more of a particular skill. What do you think? Would you ask for feedback on a successful interview?

Unsuccessful Outcome

If you have been unsuccessful in getting the role you looked forward to, lots of people including you may be upset. It can be easy to get angry and then go into denial as you believe you had everything for the position. You may even believe that the job was already 'earmarked'. This will not be the case as the competency and strength questions asked are asked for all candidates and the evidence is collated to get the best candidate with their experience and skill set that closely fits the role.

Be positive and learn from the feedback that the company can provide to you. This allows you to focus on the areas needed to get you through next time.



By doing this, you allow yourself to develop and provide an opportunity for your career development.

What if the company does not provide feedback? This can be a common issue, due to the number of applications, but do not get disheartened.

It may be that due to the number of applications, someone else had more relevant experience, a particular skillset that is required.

Reflect on the interview and the questions you were asked.

- Could you have offered more detail?
- In your examples did you cover all aspects of the STAR interviewing model?
- Were all questions answered?
- What could you have prepared more of?
- Were your examples specific enough?

Once this reflection has taken place, look for the next opportunity and work towards achieving this.

PLAN, PREPARE AND DELIVER!!

Here at Graduate Dawn we help you create your CV, covering letter, preparing for your interview, attending the interview etc. We provide you with an environment to practice interviewing techniques and STAR examples.

How can you prepare yourself for either outcome?

In the box below think about how you may feel in each outcome. Recognise your emotions and think about how you will manage these to move forward.

Contact us today to discuss your personal requirements and to see how we can help you.

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