

## Lower 5 practice their interviewing skills



On

Monday Lower 5 began their week with careers workshops relating to how they present themselves in an interview. This follows on from their work creating CVs in careers lessons where they have begun to develop skills in writing about themselves and then transferred this to talking about themselves in a positive way.

One of our school governors, Dr Jas Matharoo delivered an informative and thought-provoking presentation on the crucial importance of interview techniques, especially the need to create a good first impression utilising engaging eye-contact and posture, as well as key tips on how to structure answers in a clear and interesting manner.

After lunch, all Lower 5 pupils then had the opportunity to practice these essential techniques in a speed-interviewing activity, visiting different interviewers to answer a range of questions all about themselves. All pupils tried hard to utilise these tips and the interviewers were impressed by their focus, along with the wide range of interesting responses to the questions.

# High School & Sixth Form



When not being grilled in the speed-interviewing, pupils participated in a workshop to investigate the introversion/extroversion scale and how this personality trait could impact on how they might perform in an interview and potential career choices in the future. Pupils analysed the positive aspects of both introversion and extroversion and how both are needed when working as a team.

Our thanks go to governors and staff from across school departments who offered to interview or support these sessions with Lower 5 and ensured that pupils were able to start their interview explorations in a most supportive and friendly environment.

Mrs Marlene Sharrock