

Practice, with purpose.

One small focus at a time. Choose a realistic week of preparation, then review what changed. Adapt the timing to your own schedule.

MY INTERVIEW / TARGET: _____

MON

Find one story.

Choose an experience; map what you learned.

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TUE

Explain your why.

Talk through your motivation without a script.

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WED

Try a new perspective.

Explore a dilemma with someone. Listen first.

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THU

Practise a follow-up.

Ask a person to challenge or clarify an answer.

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FRI

Revisit feedback.

Pick one specific change to try next time.

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SAT

Make it feel real.

Practise aloud with a timer and a listener.

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SUN

Reflect and reset.

Notice progress. Set one focus for next week.

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My next focus: _____

This is a flexible reflection plan, not a university-specific timetable. Check your invitation for the actual interview format and requirements.