Self-Assessments

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| **Self-Assessment Title** | Self-Assessment 16.1 |
| **Descriptive Title** | Thoughts About the Job Interview |
| **Short Title** | SA 16.1 |
| **Activity Introduction and Description** | **Purpose**1. To rate the degree to which you experience any of the following fears when about to participate in a job interview.Circle the numbers that most accurately reflect your level of interview apprehension: 1 = completely unconcerned; 2 = unconcerned; 3 = neutral; 4 = concerned; 5 = a nervous wreck.  |

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| STATEMENT | 0Completely unconcerned | 1Unconcerned | 2Neutral | 4Concerned | 5A nervous wreck |
| 1. I will be asked questions I cannot answer.  |  |  |  |  |  |
| 2. I will be inappropriately dressed for the interview.  |  |  |  |  |  |
| 3. I will appear to be nervous. |  |  |  |  |  |
| 4. I will appear to be incompetent.  |  |  |  |  |  |
| 5. The interviewer will cross-examine me.  |  |  |  |  |  |
| 6. I will talk too much or too little.  |  |  |  |  |  |
| 7. I will have poor rapport with the interviewer.  |  |  |  |  |  |
| 8. I will undersell or oversell myself.  |  |  |  |  |  |
| 9. I won’t know what questions to ask.  |  |  |  |  |  |
| 10. I won’t be hired. |  |  |  |  |  |

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| **Scoring Method** | **Total Score Interpretation** |
| Total the numbers you circled to arrive at your “interviewee anxiety” score.Total \_\_\_\_\_\_ | Your scores indicate how frightened you are of assuming the role of interviewee. If you accumulated 45 to 50 points, you are extremely nervous; if you scored 35 to 44 points, you are very frightened; if you scored 20 to 34 points, you are somewhat apprehensive; if you scored 11 to 20 points, you are too casual; if you scored 10 points or less, you are not at all concerned—that is, you simply do not care. |