



Practicing for Interviews

- Because interviewing is a largely social process, it can be especially hard for people on the autism spectrum, as autism is a social disability.
- Even if one does not currently have any job interviews scheduled, one may want to go ahead and start practice interviewing.
- One could use the internet to compile a list of commonly asked job interview questions and then spend time thinking about how they could reply to them.
- Written notes can be helpful to reference later.
- Consider brainstorming a list of stories from one's life to potentially use in an interview, such as times when one showed leadership, took initiative, problem-solved, and learned from a mistake.
- In addition to reflecting on how one would answer a question, it can be good practice to rehearse answers to interview questions aloud.
- Some people might want to practice answering a couple of sample interview questions once a week to become more comfortable with interviewing.
- Friends, family, college career advisors, job coaches, mentors, and therapists may be willing to help one practice interviewing. They can also be a great resource to help one reflect on their strengths.
- Interlocutors could also ask potential interview questions for which one has not prepared answers. This gives the future interviewee an opportunity to practice the skill of responding to unexpected questions.
- Also, some jobseekers with disabilities ask employers for accommodations before the interview, such as being provided with the list of interview questions in advance. Read more about the Americans with Disabilities Act and accommodations during job interviews [here](#).
- The interview section of the [NC State Career Guide](#) could also be helpful as one practices for future interviews.