

The College Interview Playbook

Walk in nervous, walk out memorable

An admissions interview is not a test, it's a conversation. Colleges already have your grades; now they want to meet the person behind them. This playbook helps you show up as yourself, clearly and confidently.

Answer with STAR

- 1. Situation.** Set the scene in one line.
- 2. Task.** What was the challenge, or your goal?
- 3. Action.** What you did. Spend most of your answer here, and be specific.
- 4. Result.** How it turned out, and what you learned.

Questions you'll likely get

1. Tell me about yourself.
2. Why this school, specifically?
3. Describe a challenge you overcame.
4. What are you most proud of?
5. An idea or book that changed your thinking?
6. What would you add to our campus?
7. Your greatest strength and weakness?
8. Tell me about a time you failed.
9. What do you do just for fun?
10. What questions do you have for me?

Do and don't

Do

- ✓ Research the school and name specifics
- ✓ Prepare two stories you can adapt
- ✓ Pause and think before answering
- ✓ Ask one genuine question

Don't

- ✗ Memorize word-for-word scripts
- ✗ Badmouth a teacher or another school
- ✗ Give one-word answers
- ✗ Undersell yourself out of modesty

Prepare with a coach, not a script.

Our teen coaches run realistic mock interviews and give you the honest feedback friends won't. The first session is free.

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