Class activity: Interviews

First impressions, phone and video

Years 10 to 12 | About 45 minutes | https://schools.careercalling.com.au/activities/first-impressions/

Students practise the parts of an interview that happen before the questions: answering a call, joining a video interview and introducing themselves.

Learning intentions

- Answer a phone call from an employer politely
- Prepare for a video interview
- Introduce yourself clearly in under a minute

You will need

- The checklist on the worksheet
- Phones or devices for practice (optional)

Lesson steps

Time	Step	What to do
10 min	**The surprise call**	Role play an employer calling about an application. Discuss: where should you take the call, what should you say, how do you note the details?
10 min	**Video ready**	Go through the video interview checklist: a quiet space, a plain background, charged device, camera at eye level, a test call beforehand.
15 min	**One minute about me**	Students write and practise a one-minute introduction: who they are, what they are interested in and one strength with an example.
10 min	**Practise and reflect**	Pairs practise introductions and give feedback on pace, clarity and confidence.

Adapting it

Students can practise introductions in pairs rather than to the whole class.

Going further

Students record their introduction privately on their own device, watch it back and note one improvement. Recordings stay with the student.

Student worksheet

First impressions, phone and video

Name: _____ Class: _____ Date: _____

What I say when I answer an employer's call

Details to write down during the call

My video interview checklist

My one-minute introduction

Feedback from my partner

Student worksheet

Video interview checklist

- [ ] A quiet space where you will not be interrupted
- [ ] A plain, tidy background
- [ ] Device charged, or plugged in
- [ ] Camera at eye level
- [ ] A test call with a friend or family member beforehand
- [ ] The link, the time and the interviewer's name written down
- [ ] Notes and a glass of water nearby