



ASCEND VIP

INTERVIEW PRACTICE RUBRIC



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- ☐ Used all 4:59 of my time
- ☐ Used "Rule of 3" to organize response into three main points
- ☐ Included a 1-minute story to illustrate a point
- ☐ Mentioned specific accomplishments
- ☐ Conveyed who I am/what I believe/what my values are
- ☐ Answered every part of the question
- ☐ Maintained good facial expression at beginning, middle, and end of response
- ☐ Conveyed a high level of energy & enthusiasm
- ☐ Used verb tenses to help the interview team picture me in the role
- ☐ Conveyed a sense of trajectory, interviewing for the job I want, not the job I have



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