

# **Uraohjain Workshop**

## **Job Interview Feedback**

**22.11.2024**



# Urapaja Programme

09:00 Welcome to the workshop

09:10 Key elements of a job interview

09:20 How to manage job interview stress?

09:30 Instructions and division into groups

09:45 Break and transition to workshop rooms

10:00 Small group exercises

11:15 Break (15 min)

11:30 Joint discussion. Insights about managing tension and tips for the future

11:55 Thank you for participating



# Feedback Questionnaire

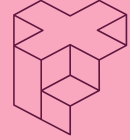
A screenshot of a feedback questionnaire form. At the top left, there are two logos: the URAOHJAIN+ logo and the European Union flag. Below the logos, the title "Feedback Questionnaire" is displayed. The form contains three main questions, each followed by a large white text input area:

- Question 1: "What was the most valuable aspect of the 'Practice for a Job Interview' workshop for you?"
- Question 2: "What did you learn during the workshop?"
- Question 3: "What improvements could be made to the workshop?"

At the bottom of the form, there is a section labeled "Additional comments:" followed by another large white text input area. In the bottom left corner of the form, the text "c:\nomal.dot (x)" is visible.

1. What was the most valuable aspect of the "Practice for a Job Interview" workshop for you?
2. What did you learn during the workshop?
3. What improvements could be made to the workshop?
4. Additional comments:

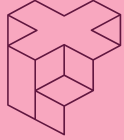
Thank you for your feedback and participation!



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## What was the most valuable aspect of the “Practice for a Job Interview” workshop for you?

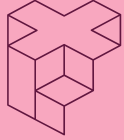
1. It was my first time. I was very stressed and worried BUT after watching the 1st interview I was ok and managed to pass them all.
2. Hyvin järjestetty materiaali /press-osa. Konkreettiset vinkit. Harjoitus ja analyysi
3. To find out shortcomings and technique to overcome them
4. Getting the full view of an interview process because I haven't been in many
5. Experience very close to real interview. Networking with other participants.
6. The practice (trying different roles), peer support, feedback
7. Trying out different roles. Rehearsing “right” answers + seeing how it went for others. Receiving feedback right after.
8. All aspects are well designed from the very introductory session
9. Presence of other participants
10. Got into the situations of different aspects of an interview and got real life situations of the roles. Able to practice 3 roles and got input from others



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# What did you learn during the workshop?

1. I can do it
2. Löysin puuttuvat kohteet omasta "hissi-puheesta". Muiden hissi-puheissa huomasin mikä toimii.
3. How to relax before an interview and get prepared better
4. I need to be more elaborate with my answers. Relaxation practices, breathing.
5. How to improve my answers to the questions within an interview.
6. Stress control, being focused, showing your better side
7. I learnt that I really need the pitch/ intro to help with the overall flow & vibe
8. Interviewer - interviewee relationship. Emotional connection makes outcome great
9. Not sure yet exactly but something stuck with me
10. Relax before interview. Meet different types of people. How to keep calm.



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# What improvements could be made to the workshop?

1. All is perfect
2. Learn better next time
3. Olisin halunnut saada tietää workshopin sisällön etukäteen ja tutustua vaikka kysymyksiin. Tuli vain mieleen, että jos esim dyslexiaa omaava osallistuja on tulossa se saattaa tuoda vaikeuksia lukea haastattelijan kysymykset nopeasti
4. Maybe next time add workshop about how to create a CV
5. I had trouble to come up with stuff. So maybe some example jobs where the teams can choose from.
6. Everything was very well organized: the venue, the tea, the slides, the professionals, the exercise
7. I would say it would really help agreeing on a specific role the interview is for
8. For me this is a well structured experience to keep.
9. A glass of champagne
10. Not much



## Additional Comments

1. I'm not good at writing, sorry...
2. Kiitos!
3. -
4. -
5. Thank you!
6. Thank you!.
7. Thank you!!!
8. Personal competency of the project leaders or all from the Uraohjain and collaborators is so high. Mutual understanding and coherence enhanced the teaching - learning process.
9. -
10. -

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