

During Interview Practice, students participate in a one-on-one mock interview with a professional, receiving feedback to support their improvement. Professionals with real-world interview experience conduct a 15-minute mock interview with a student in person at their school, providing insights and personalised feedback at the end of the interview. Each student receives an Interview Practice booklet to help them prepare and reflect on the experience.

Project Reach



149

Volunteers



5

Schools



941

Pupils



13

Companies



18

Workshops



57

Volunteering
hours

Student Feedback

As a result of Virtual Interview Practice, on average, students agreed that...

● Strongly Agree ● Agree ● Unsure ● Disagree ● Strongly Disagree

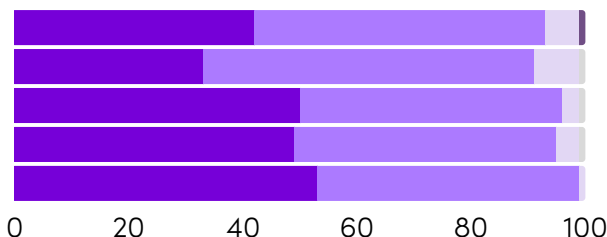
I know how to carry out an interview successfully.

I have increased knowledge of the world of work.

I can communicate effectively with others.

I know how to reflect on my interview skills.

I feel more confident in what I can achieve.



On average...

**Students rated their
experience during Interview
Practice 4.8 out of 5.**



Student Feedback



Y11 student

St Paul's Way Trust School

"I enjoyed talking to someone who knows about the world of work."



Y10 students

Mulberry Stepney Green School

"[The experience has taught me] how professional environments feel and how I react when put in them. I've learnt what to improve on in myself."

"I learnt how to communicate clearly."

"I learnt how to successfully answer questions and take time to think about [my answers]."

"[I learnt that] interviews are not as stressful as I thought."



Y11 Students

Swanlea School

"It was very helpful, it helped me expect what would happen in my next interview."

"[I learnt] it's important to have lots of different skills such as teamwork, socialising, [and] to be able to seem like an open person when talking to the interviewer."

"I enjoyed doing my interview with the business professional. He was able to make me feel comfortable enough to be confident with the interview. I enjoyed getting feedback to improve my interview skills."

"[My interviewer] was really kind and gave me good feedback."



"Being able to talk with people I haven't met was enjoyable and helped build my confidence."

"I learnt about questions which would be asked during an interview and how to structure [my] answers."

Volunteer Feedback

On average...

**Volunteers rated
Interview Practice 4.7
out of 5.**



After volunteering on Virtual Interview Practice, volunteers told us...



Volunteer

JP Morgan

"I love the clear structure, the ability for us to ask questions, and working with the kids!"



Volunteer

Canary Wharf Group

"It was a great experience to support the students with their interview skills. They were all super confident and well prepared for the event. The Switch were great hosts and organisers and provided very detailed materials before and during the event."



Volunteer

Trim Editing

"It's great to connect with local young people and give them new ideas about opportunities that could be open to them."



Volunteer

Bloomberg

"[I enjoyed] seeing the students taking on the feedback and how self-aware they are. Knowing that my feedback made a difference."



Volunteer

Pay UK

"Such a rewarding experience, keeps my skills relevant too as I had to adapt to the younger age range when asking questions."



95%

of volunteers would volunteer
on Interview Practice again

