

Virtual Interview Practice

Impact 2025 - 26

During Virtual 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 over Zoom, 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



204

Volunteers



4

Schools



867

Pupils



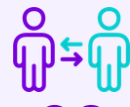
13

Companies



20

Workshops



68

Volunteering
hours

Student Feedback

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

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

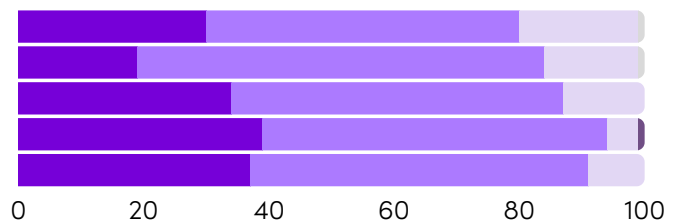
I know how to carry out an interview successfully.

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 Virtual
Interview Practice 4.6 out
of 5.**



Student Feedback



Y11 student

Oaklands School

"I enjoyed meeting new people."

"It was good to... receive advice on how I should do better. She gave me confidence and made my day."



Y10 students

George Green's School

"I enjoyed learning about my interviewer and answering questions."

"The person I spoke to was very patient and understanding and allowed me time to think about my answers."

"[My interviewer] was very friendly and understanding. He believed in me and my goals."

"I enjoyed...having a connection with my interviewer. I learnt a lot from him and it gave me a big boost. I would have loved to have had more time to talk to him for longer."



Y11 Students

Stepney All Saints School

"I enjoyed the one-to-one experience...it [will be] beneficial for my career interviews in the future."

"I enjoyed having a genuine conversation with someone telling me about their experience and what will help me."

"I have gained confidence and now have an idea of what an interview will be like."

"The interviewer was supportive of my career choice."

"I enjoyed talking to the interviewer about different scenarios."



Volunteer Feedback

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



Volunteer

JP Morgan

"I enjoyed being able to assist the students with their interview prep and sharing knowledge/ tips."



Volunteers

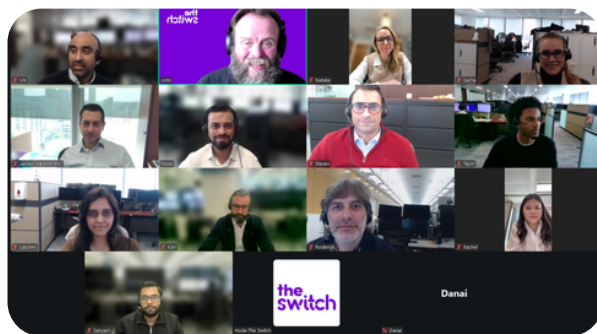
Michael Page

"I felt like I was able to give helpful feedback and it was appreciated by the students."

"I enjoyed being able to have an impact in the future professional life of the new generation."

"Easy to sign up and contribute."

"I was amazed by the young minds...I learned so much myself."



"It was such a fulfilling experience"
-Barclays Volunteer



Volunteer

Barclays

"[I enjoyed] hearing the students express themselves and being able to give recommendations that might help."

On average...

**Volunteers rated
Virtual Interview
Practice 4.5 out of 5.**



100%

of volunteers would volunteer on the Virtual Interview Practice programme again

