



Interview Exercise Candidate Brief

**Kingston University
Undergraduate Assessment Centre Experience**

Exercise overview

As part of the assessment centre, you are invited to take part in an interview. An interview with an employer typically lasts between 45 to 60 minutes. Your interview will last for 10 minutes and will give you an insight into the types of questions you might encounter at a real employer's interview.

For this particular exercise, the behaviours being assessed are:

Collaboration	Working together with one or more people to complete a project or task in a way that builds supportive and trusting relationships.
Self-awareness and Empathy	The ability to understand and manage your own and others' emotions to communicate effectively, empathise with others and take action in alignment with personal values.
Enterprising	Having the resourcefulness, initiative and drive to recognise opportunities, and the motivation to make the most of them.
Questioning Mindset	Think critically through focusing explicitly on the process of thinking.

Exercise instructions

In advance of the interview, please choose a job description and review the requirements of the role. You will not need to share your CV during the interview.

When preparing for your interview, it's a good idea to do the following:

- Identify your key competencies and strengths
- Be specific when asked to provide examples
- Use the STARR approach to structure your answers

