Prepare for Your Interview: Free Example Videos

Watching a real interview is one of the best ways to prepare. These free videos and guides show what strong answers look like in one-on-one and panel interviews. Watch them, then practice your own answers out loud.

One-on-One Interviews

How to Ace an Entry Level Interview Indeed, Mock Job Interviews series

A candidate answers four common questions while a coach explains what works: why this field, how your experience prepared you, a challenge you overcame, and what to ask the interviewer.

https://www.youtube.com/watch?v=0MprWWQILbc

Job Interview Simulation and Training EMMOTION by Marat

A full mock interview, including on video calls. It starts with "tell me about yourself" and covers strengths, weaknesses, why you left your last job, and why you want this role.

https://www.youtube.com/watch?v=srw4r3htm4U

Panel Interviews

How to Ace a Panel Interview (with Example Questions) Career Contessa

How to handle several interviewers at once and make a good impression on each of them, with sample questions.

https://www.youtube.com/watch?v=0PjHi-reea4

Interviewing for Federal Jobs (written guide) Partnership for Public Service, GoGovernment

Many federal agencies use structured panel interviews. Every candidate gets the same questions, and answers are scored against set criteria. This guide explains how to prepare.

https://gogovernment.org/application-process/interviewing-for-federal-jobs/

How to Ace Your Group Interview Indeed, Mock Job Interviews series

A group interview is different from a panel. You're interviewed alongside other candidates, and employers watch how you communicate and work with others.

https://www.youtube.com/watch?v=eLxA6hPaStw

Quick Tips Before Your Interview

- Use the STAR method for "tell me about a time" questions: Situation, Task, Action, Result.
- For a panel, ask for the panelists' names and roles ahead of time, and tailor your examples to them.
- For a video interview, test your technology, dress professionally, and pick a quiet, well-lit spot.
- Confirm the date, time zone, platform, and anything you need to bring or complete.
- Send a thank-you email within 24 hours.

Tips adapted from GoGovernment, Partnership for Public Service.