

FR-28 · Future Ready · AI Move of the Day

College Interview Practice Room

Big interview coming? Practise on AI first — it won't judge you. Today you run a private 5-question mock interview, one question at a time.

Start practice

Build my prompt

YOUR CURRENT LEVEL

0 XP

Level 1: Interview Rookie

Choose a course

Start mock interview

Answer one at a time

Ask for feedback

Find fumbled answer

Rehearse aloud

Practice is private

Use only the course name and general interests. Do not share private details like full name, address, phone number, application ID, marksheets, documents, family finances, or passwords.

AI is your practice partner. The final answers should still sound like you.

1 Choose the course

The interview depends on what you are applying for.

Pick one course you want to practise for: BBA, B.Tech Computer Science, Psychology, Design, Law, Economics, Liberal Arts, Medicine, Hotel Management, or any other course.

Course I want to practise for

Example: BBA

Feedback style

Kind, honest



BBA

Engineering

Design

Law

Psychology

Economics

Liberal Arts

THOUGHT BULB

A good interview answer is not a memorised speech. It is a clear answer with one real reason, one example, and a calm ending.

☐

I chose the course I want to practise for.

2

Start the AI mock interview

Open ChatGPT, Claude, or Gemini. Paste the prompt below.

The magic words are “**one at a time**”. That stops AI from dumping all five questions together.

YOUR FILLED PROMPT

Act as a college admissions interviewer for BBA. Ask me 5 questions one at a time, wait for my answer, then give kind, honest feedback.

COPY-PASTE PROMPT

Act as a college admissions interviewer for [course]. Ask me 5 questions one at a time, wait for my answer, then give kind, honest feedback.

Copy my filled prompt

CAUTION BOARD

Do not paste your real application form, documents, full name, phone number, address, or private family details. Practise with course name and general answers only.

☐

I started the AI mock interview with the one-at-a-time prompt.

3 Answer one question at a time

Do not rush. Type or say your answer first, then improve.

AI

Why do you want to study BBA?

You

I like business because I enjoy understanding how brands grow. I helped plan a small class event, and I realised I like organising people, costs, and ideas.

AI

Feedback: Good specific example. Make the ending stronger by connecting it to what you want to learn in college.

ANSWER SHAPE

- 1. Direct answer:** Say the main point.
- 2. One example:** Prove it with a real moment.
- 3. Course link:** Connect it back to the course.

☐

I answered at least one mock interview question properly.

4 Use feedback without losing your voice

AI feedback can help, but your answer should not become robotic.

1

Clear?

Did you answer the question directly, or wander?

2

Specific?

Did you include one real example or detail?

3

Human?

Does it still sound like something you would actually say?

OPTIONAL FEEDBACK PROMPT

Here is my answer:

[paste answer]

Please give kind, honest feedback. Tell me:

1. What is working
2. What is unclear
3. One way to make it stronger
4. A revised version that still sounds natural, not formal

Copy feedback prompt

☐

I used feedback to improve an answer without making it sound fake.

5

Note the answer you fumbled

The fumbled answer is the most useful one. That is where practice starts.

After the 5-question mock interview, pick the one answer that felt weakest. Do not feel bad. Everyone has one.

The question I fumbled

Example: Tell me about a challenge you faced and how you handled it.

Why it felt weak

Example: I gave a very general answer and did not include a real example.

THOUGHT BULB

Interviews improve when you notice patterns: too vague, too long, no example, no ending, or too much memorised language.

☐

I identified the answer I need to practise most.

6 Rehearse it out loud

The closer is not another AI prompt. It is your voice.

Stand up or sit straight. Say your improved answer out loud once. If it sounds too perfect, make it more natural. If it sounds too messy, shorten it.

OUT-LOUD TEST

Can you say it in under 60 seconds?

Does it include one example?

Would you actually say these words?

☐ I rehearsed the fumbled answer out loud at least once.

7 **Optional: make your AI Move card**

A small reminder of the interview practice move.

CARD COPY

Title: AI Move of the Day

Move: Mock-interview yourself for a college admission.

Prompt: “Act as a college admissions interviewer for [course]. Ask me 5 questions one at a time, wait for my answer, then give kind, honest feedback.”

Closer: Note the answer you fumbled, rehearse it out loud.

☐ I made, sketched, or saved the AI Move card.

Final 5-minute move

Choose the answer you fumbled. Rewrite it in your own words. Then rehearse it aloud once. That is the part AI cannot do for you.

☐ I used only course name and general practice answers.

☐ I did not share private personal or application details.

☐ My final practice answer still sounds like me.

NOTEBOOK LINE

Write this down: “The answer I need to rehearse is: _____.”

Back to top

Vanguard Scholar — Smart questions. Smarter answers. You, upgraded.

Made with care. No data collected.

Questions? Teachers and parents, write to us. Students, speak with your teacher or a grown-up first.