

AI Interview Practice Prompt Guide

Practice smarter. Walk in confident. Use AI as your personal interview coach.

Most people prepare for interviews by reading a list of common questions. That is not practice - that is reading. Real preparation means saying your answers out loud, getting feedback, and refining until you sound natural and confident. These prompts turn any AI tool into a practice partner available any time, at no cost.

HOW TO USE THIS GUIDE

Each prompt below can be pasted into ChatGPT, Claude, Gemini, or any AI tool. Fill in the bracketed sections with your own information before submitting. For best results:

- Paste the job description into your conversation first so AI understands the role
- Type or speak your answer, then ask AI for feedback
- Do not just read AI suggestions - rewrite them in your own words
- Repeat the hardest questions until your answer feels natural, not memorized

★ *Practicing out loud is the single most effective interview prep technique. Use AI to generate questions and give feedback, but always say your answers out loud - even if you are alone.*

SETTING THE STAGE - START EVERY SESSION WITH THIS

Before using any of the prompts below, give AI context about the role and your background. This makes every practice session far more relevant.

Setup Prompt - Run this first in every practice session

I am preparing for a job interview. Here is the job description: [paste full job description]Here is a brief summary of my background: [2-3 sentences about your experience, industry, and the type of role you are targeting]For this session, please act as an experienced interviewer for this type of role. Ask me questions one at a time, wait for my answer, then give me honest feedback before moving to the next question.

Note: You can reuse this setup prompt every time you start a new practice session. Just swap in a new job description.

PRACTICING COMMON INTERVIEW QUESTION TYPES

Tell Me About Yourself

This is almost always the first question. It is not an invitation to recite your resume - it is your opening brand statement.

Prompt 1 - Draft your Tell Me About Yourself answer

Help me draft a strong 'Tell me about yourself' answer for a [job title] interview. My background: [2-3 sentences about your experience]. The role involves [brief description of the job]. Keep it to about 90 seconds when spoken aloud. End with why I am interested in this type of role.

Note: A strong answer covers: where you have been, what you bring, and where you are headed. Keep it forward-facing.

Prompt 2 - Get feedback on your existing answer

Here is my 'Tell me about yourself' answer: [paste your answer] Please give me honest feedback. Does it sound confident and clear? Is it too long? Too focused on the past? Does it connect to what an employer would care about? How would you improve it?

Behavioral Questions - The STAR Method

Behavioral questions ask you to describe a specific past situation. Use the STAR method: Situation, Task, Action, Result. AI can help you build and refine your stories.

Prompt 3 - Build a STAR answer from scratch

Help me build a STAR-format answer for this behavioral question: '[paste the interview question]' Here is a rough version of the story I want to tell: [describe the situation in a few sentences - what happened, what you did, what the result was] Help me structure it clearly using Situation, Task, Action, Result. Keep it under 2 minutes when spoken.

Note: Have 5-6 strong stories ready before your interview. Most behavioral questions can be answered with the same core stories.

Prompt 4 - Generate behavioral questions for your target role

I am interviewing for a [job title] role at a [type of company, e.g. healthcare nonprofit, tech startup, retail company]. Please generate 8 behavioral interview questions that are likely to come up for this type of role. Focus on situations involving [list 2-3 relevant themes, e.g. customer service, working under pressure, teamwork].

Prompt 5 - Get feedback on a STAR answer

Here is my answer to the behavioral question '[paste the question]': [paste your answer] Please evaluate it using the STAR framework. Is the Situation clear? Did I explain my specific role (Task) vs. the team's role? Are my Actions specific enough? Is the Result measurable or concrete? What would make this answer stronger?

Situational and Hypothetical Questions

These questions ask what you would do in a hypothetical scenario. They test your judgment and problem-solving approach.

Prompt 6 - Practice situational questions

Please give me 5 situational interview questions for a [job title] role. After I answer each one, tell me whether my reasoning was clear, whether I considered the right factors, and what a strong answer would include.

Questions About Weaknesses and Challenges

These questions trip people up because they do not have a practiced, honest answer ready. Preparation makes all the difference.

Prompt 7 - Craft a genuine weakness answer

Help me prepare an honest and professional answer to 'What is your greatest weakness?' I want to avoid the classic non-answer (like 'I work too hard'). Here is a real area I am working on: [describe a genuine development area]. Help me frame it in a way that is honest, self-aware, and shows I am actively working on it.

Note: Interviewers see through fake weakness answers immediately. A real, thoughtful one is always more impressive.

Prompt 8 - Prepare for tough questions about your background

I have [describe a potential concern in your background, e.g. an employment gap, a short tenure at a company, a career change, being laid off]. Help me prepare a confident, honest answer if an interviewer asks about this. I want to acknowledge it directly without over-explaining or being defensive.

RESEARCHING THE COMPANY AND ROLE

Walking in without knowing the company is one of the most common interview mistakes. Use AI to accelerate your research and prepare smarter questions.

Prompt 9 - Prepare smart questions to ask the interviewer

I am interviewing for a [job title] role at [company name]. The job description says: [paste key parts of the job description]. Please suggest 6-8 thoughtful questions I could ask the interviewer - questions that show I have done my research, that I think strategically, and that will help me evaluate whether this role is the right fit.

Note: Always have questions ready. 'No, I think I am good' is one of the most damaging answers you can give in an interview.

Prompt 10 - Anticipate role-specific questions

I am interviewing for a [job title] at a [describe the company type and industry]. Based on the job description below, what are the 10 most likely interview questions I will face? For each one, tell me what the interviewer is really trying to learn. Job description: [paste job description]

AFTER YOUR PRACTICE SESSION

Use these prompts to debrief after a mock interview session and lock in what you learned.

Prompt 11 - Full debrief after a practice session

We just finished a mock interview session. Based on the answers I gave, please summarize: Which answers were strongest? Which were weakest or most vague? What patterns do you notice - am I too long-winded, too brief, not specific enough? What are my top 3 things to work on before the real interview?

Prompt 12 - Draft a follow-up thank you note

I just finished an interview for a [job title] role at [company]. The interviewer's name is [name]. During the interview we discussed [1-2 specific topics or moments that stood out]. Please draft a brief, professional thank you email I can send within 24 hours. Keep it to 3-4 sentences. Do not use hollow phrases like 'I really enjoyed our conversation.' Make it specific and genuine.

Note: A strong thank you note references something specific from the interview. It shows you were engaged, not just going through the motions.

★ *The goal of practice is not a perfect answer - it is a confident, natural one. If your answer sounds rehearsed, keep practicing until it sounds like you are thinking it through in the moment.*

Quick Reference - All 12 Prompts

#	Category	What It Does
Set up	Setting the Stage	Give AI context before every practice session
1	Tell Me About Yourself	Draft your opening answer
2	Tell Me About Yourself	Get feedback on your existing answer
3	Behavioral - STAR	Build a STAR answer from a rough story

4	Behavioral - STAR	Generate behavioral questions for your role
5	Behavioral - STAR	Get STAR feedback on an answer you gave
6	Situational	Practice hypothetical scenario questions
7	Weaknesses	Craft a genuine, professional weakness answer
8	Weaknesses	Handle tough questions about your background
9	Research	Prepare smart questions to ask the interviewer
10	Research	Anticipate the most likely questions for your role
11	Debrief	Full debrief after a practice session
12	Debrief	Draft a follow-up thank you note