

How to Use the Mock Interview Assistant

Use the voice/microphone option for a more realistic interview experience.

Step 1: Set Up Your Session

When you start, the GPT will ask you:

- **Are you preparing for an Assistant or Head Coach interview?**
- **What sport do you coach?** (Softball, Baseball, Football, Basketball, Field Hockey, Volleyball, Lacrosse, Wrestling, Strength & Conditioning, Soccer)
- **At what level are you applying?** (High school or college - D1, D2, D3, NAIA, JUCO)

Answer clearly to make sure the questions match your goals.

Step 2: Practice Your Mock Interview

- The GPT will ask **one question at a time**.
- Speak your answer aloud (this is voice-based practice).
- After you finish, the GPT will:
 - Summarize your strengths in that answer
 - Offer one suggestion for improvement
 - Ask if you want to **re-answer** or **move on** to the next question

You can take your time. Sessions typically cover **5–7 questions** unless you want to continue longer.

Step 3: Get Your Session Summary

At the end of your session, the GPT will generate a quick **Session Summary Report**, including:

- Your top strengths
 - Your main areas for growth
 - A standout answer highlight
 - Suggested next steps to keep improving
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Step 4: Track Your Progress

Use the following **Progress Tracker Template** to log each session. Track:

- Date of session
- Role and sport practiced
- Questions covered
- Feedback highlights
- Self-reflection notes
- Action steps for next practice

Tip:

The more sessions you complete, the sharper and more confident you'll become in real interviews!

Best Practices for Using This GPT

- Treat it like a real interview — speak professionally and confidently.
- Be honest — practice answering even tough questions you struggle with.
- Use real examples from your coaching experience wherever possible.
- Re-answer questions if you want to strengthen an answer immediately.
- Practice across multiple sports or roles if you are applying to different jobs.
- Review your session summaries to spot patterns and growth over time.