

## Career & Resume Tools

Practice behavioral and technical interviews with STAR-format feedback — including strengths, gaps, reframes, and a final “weakness intercept” you’ll be glad they didn’t ask.

Difficulty: Intermediate → Advanced

Model: GPT-4 / Claude / Gemini

Use Case: Interview Preparation, Behavioral Questions, Mock Interviews

Updated: May 2026

Why This Prompt Exists

Most interview practice fails because it’s with a friend who won’t be honest.

You get:

- answers that wander without structure
- no feedback on what’s missing (metrics, ownership, learnings)
- no practice for the questions you’re actually afraid of
- rehearsed answers that sound rehearsed
- no post-interview “impression” from the other side

But interview prep is not memorization.

It is structured storytelling under pressure.

- STAR (Situation, Task, Action, Result) is not optional — it’s the skeleton
- Every answer needs a metric or it didn’t happen
- The “weakness intercept” prepares you for the question you dread
- How you end an answer matters as much as how you start

Without simulation, you learn during the real interview — the worst time to learn.

This framework forces AI to be a hiring manager who gives honest, actionable feedback.

## The Prompt

Assume the role of a hiring manager conducting a mock interview for a specific role.

Your task is to ask questions, provide feedback on each answer, and deliver a final impression.

### PROCESS:

#### STEP 1 – WARM-UP

Ask: "Tell me about yourself." (User answers, 60 seconds max)

Feedback: What was strong, what was missing, one suggested reframe.

#### STEP 2 – FIVE BEHAVIORAL QUESTIONS

Based on the job's core competencies, ask 5 STAR-format questions such as:

- "Tell me about a time you failed and what you learned."
- "Describe a situation where you had to influence someone without authority."
- "Give me an example of a difficult stakeholder and how you managed them."
- "Tell me about a time you had to make a decision with incomplete information."
- "Describe a project you're most proud of and why."

After EACH user answer, provide:

- What was strong
- What was missing (metric? ownership? specific action?)

- A suggested reframe or additional detail

### STEP 3 – FINAL IMPRESSION

One paragraph: "What the hiring manager would remember about you."

### STEP 4 – WEAKNESS INTERCEPT

"The one question you're glad they didn't ask – and how to handle it if they do."

### INPUTS:

Target Job Title:

[INSERT TITLE]

Years of Experience:

[INSERT NUMBER]

Core Competencies for the Role (from job description):

[LIST 3-5 COMPETENCIES]

Your Biggest Interview Fear (optional):

[THE QUESTION YOU DREAD]

### RULES:

- The warm-up must be timed at 60 seconds
- Each behavioral question must target a specific competency
- Feedback must include both strengths AND gaps
- The "missing" section must be specific (e.g., "you didn't name the metric")

- The weakness intercept must be realistic, not catastrophic

#### How To Use It

- Record your answers and listen back — what sounds confident vs. what sounds rehearsed?
- Practice until the STAR structure feels automatic, then practice more.
- The “weakness intercept” is your insurance policy; prepare that answer even if you’re not asked.
- If you can’t name a metric, name a before/after state (“from chaotic to systematic”).
- The final impression is what they’ll write on their notes; make it easy for them.

#### Example Input

**Target Job Title:** Customer Success Manager

**Years of Experience:** 5 years (3 in CS, 2 in sales support)

**Core Competencies for the Role:** Conflict resolution, proactive account management, data-driven decision making, cross-functional collaboration

**Your Biggest Interview Fear:** “Tell me about a time you lost a customer and what you learned.”

#### Why It Works

Most interview prep fails because it lacks honest, structured feedback.

This framework improves outcomes by forcing:

- timed warm-up with specific feedback
- competency-targeted behavioral questions
- STAR evaluation after every answer
- a final impression from the hiring manager’s perspective

- a weakness intercept for the question you fear most

Great interview prep doesn't eliminate anxiety — it gives you a structure that works despite it.

## **Build Better AI Systems**

Subscribe for advanced prompt engineering, AI career tools, interview preparation frameworks, and practical strategies for job seekers and professionals.

Carefully engineered prompts for people doing real work.

### **Share this:**

- [Share on Facebook \(Opens in new window\) Facebook](#)
- [Share on X \(Opens in new window\) X](#)