

Say it. Hear what came through. Try again.

An original InternshipDeadlines exercise for a role-relevant introduction.

Write three notes, then speak from them:

1. What I am studying or doing now, relevant to this role.

2. One real task I worked on and my own contribution.

3. Why that work makes me interested in this internship.

Use your own facts. You do not need to claim experience you have not had.

Partner listens for	What they heard
The role or work the speaker is interested in	
One specific example	
The speaker's personal contribution	
One detail they want to ask about	

Compare the notes with what your partner heard. Revise the unclear part, then answer their follow-up without inventing a result. Switch roles and repeat. Before another interview, check which example fits the new role.

Share the blank card. Keep drafts and practice recordings private.

[Internship interview answers and examples](#) | [Questions to ask your interviewer](#)

Preparation principles: [MIT CAPD interview primer](#), checked October 5, 2026. This is an original practice exercise, not an employer's scoring rubric or a university-endorsed template. Share the blank exercise with a friend or campus group.