

AI Interview Prep: Practice With ChatGPT Until The Real One Feels Easy

The resume got you the interview. This is the part that gets you the job. Four prompts that turn the job posting into the questions you will actually be asked, build your best stories, run a mock interview out loud, and rehearse the salary conversation before it happens.

By Maverick Maltin · Last verified September 15, 2026 · 9 min read

Most people prepare for an interview by reading the company's website twice and hoping. The people who get the offer walked in already knowing the questions, because the questions are not a mystery. They are sitting in the job posting, and ChatGPT or Claude can read a posting the way a hiring manager does and tell you exactly what they are going to ask and why.

Here's the whole system I would run the night before any interview. It takes about half an hour, it works in ChatGPT or Claude (I will say ChatGPT throughout, but every prompt is a straight copy into Claude), and the mock interview step is the one that changes how you feel walking in.

THE PLAN · 30 MINUTES, 4 PROMPTS

- 1 Turn the job posting into the questions
- 2 Build your six stories
- 3 Run the mock interview out loud
- 4 Rehearse the money conversation

THE JOB POSTING

copy the full text, not just the link, so the AI reads the same words the interviewer wrote.

YOUR RESUME

paste the whole thing in plain text.

VOICE MODE

every ChatGPT plan has it (Free is limited, Go and Plus get up to three hours a day), and Claude's voice mode is on every plan too. You can do the mock interview by text, but out loud is the point.

1 Turn the job posting into the questions

Open a new chat, paste the posting and your resume, and ask for the interview before you have it. The AI is good at this because job postings are written in a code, and every "fast-paced environment" and "strong communicator" maps to a question they are going to ask.

PROMPT 1 · COPY & PASTE

I have an interview for this role. Here is the job posting: [PASTE THE FULL POSTING]. Here is my resume: [PASTE YOUR RESUME]. Read the posting the way the hiring manager would and give me the 12 questions I am most likely to be asked, in the order they would probably come up. For each one, tell me in one line why they are asking it and what a great answer has to include. Then flag the two or three questions where my resume is weakest, so I know where to prepare hardest.

Read the list once and notice which questions made your stomach drop. Those are the ones you prepare first.

MAVERICK'S TIP

If the posting is on a page you cannot copy cleanly, paste the link and ask ChatGPT to read it. It can open most public job pages, but if it says it cannot, copy the text by hand rather than letting it guess what the role is.

2 Build your six stories

Behavioral questions ("tell me about a time you...") are where most interviews are won or lost, and the fix is not memorising answers. It is having five or six real stories from your own experience ready to go, each one shaped so it lands in under ninety seconds. The AI can interview you to dig them out, then shape them for you.

PROMPT 2 · COPY & PASTE

Interview me to find my best interview stories. Ask me one question at a time about my past work: the hardest problem I solved, a time I disagreed with someone and how it went, a mistake I owned, a time I led without being the boss, a result I am proud of, and a time I had to learn something fast. After each answer, ask one follow-up to get the specific details and numbers. When you have enough, write my six strongest stories in the STAR format (situation, task, action, result), each under 150 words so it takes under 90 seconds to say out loud, and tell me which of the 12 likely questions from before each story can answer.

The follow-ups are the valuable part. On your own you would say "I improved the process." The AI will ask by how much, and "cut the turnaround from five days to two" is the version that gets remembered.

3 Run the mock interview out loud

This is the step people skip because it feels silly, and it is the one that actually works. Saying an answer out loud for the first time in the real interview is why people ramble. Saying it out loud four times the night before is why other people sound calm.

Paste the prompt below into the chat first, then start voice mode: in ChatGPT it is the voice icon at the right end of the message bar, and in Claude it is the sound wave symbol in the lower right. ChatGPT's voice can talk over you like a real interviewer would. Claude's waits for you to finish and treats a pause as the end of your answer, so finish your sentences. Either way the whole conversation is saved as a transcript in the chat, which you will want in a minute.

PROMPT 3 · COPY & PASTE

You are the hiring manager for this role: [PASTE THE JOB TITLE AND COMPANY]. Run a realistic mock interview with me, out loud. Ask one question at a time and wait for my full answer. Do not help me, do not compliment me, and do not move on until I have actually answered. Mix the likely questions from earlier with two I would not expect. After eight questions, stop and give me honest feedback: which answers were strong, which ones rambled, where I was vague, any filler words I kept using, and the one thing to fix before the real interview.

Do it twice. The second run is always dramatically better than the first, and that jump is the whole reason to do this. Between runs, ask it to grade the transcript: "Read back my answers from this conversation and score each one out of ten, with the one sentence I should have said instead."

MAVERICK'S TIP

Tell it to be tougher than a real interviewer. "Interrupt me if I go over two minutes" and "ask a follow-up if my answer has no specific example" are both fair game, and a mock interview that is harder than the real one is exactly the point.

4 Rehearse the money conversation

The salary question is the one most people answer badly, usually by naming a number too early or apologising for having one. Practise it the same way, and while you are there, get the two things you should have ready for the end of any interview: your questions for them, and a rough sense of what the company is going through right now.

PROMPT 4 · COPY & PASTE

Two things. First, help me prepare for the salary conversation for this role: [ROLE, LOCATION, MY EXPERIENCE LEVEL]. Give me a realistic range based on what you know, tell me how to answer "what are your salary expectations" without naming a number first, and then role-play it with me: you ask, I answer, you push back the way a recruiter would, three rounds. Second, give me five smart questions to ask the interviewer that show I have thought about the role, not generic ones, plus the three things worth knowing about [COMPANY] right now (recent news, growth, challenges) so I can work one into the conversation.

If you want the company research to go deeper than a normal answer, run the company part as a Deep Research request instead and let it come back with sources. For a final-round interview that ten minutes is worth it.

The Honest Part

The AI will agree with you too easily unless you tell it not to, which is why every prompt above tells it to be honest and not to help. It can also invent facts about a company, so anything it tells you about recent news or numbers, check against the company's own site before you say it in the room. Paste the job description as text rather than a link, because most job boards block the AI from reading the page and it will quietly guess instead. And none of this replaces the boring part: you still have to know your own resume cold, because the AI can shape your stories but it cannot live them for you. If you want video practice with feedback on your delivery, Big Interview does that well, but it starts at \$39 a month and everything on this page is free.

Run Step 1 tonight. Even if you never get to the mock interview, knowing the twelve questions changes how you sleep.

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