# Interview Reflection #1

*Instructions: Review the notes you captured from your interview. Use this worksheet to begin the process of synthesizing what you heard and observed.*

## 1 Describe Who You Interviewed

Who did you interview?  
Age, gender, role, likes, dislikes, strengths, weaknesses.

## 2 What Stories Did You Hear?


## 3 What Emotions Did You Observe?


## 4 What Are the Five Most Important Things You Learned That Are Relevant to the Problem You Are Exploring?


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### ADDITIONAL INTERVIEWING TECHNIQUES

- [PREPARING TO INTERVIEW](#)
- [INTERVIEW QUESTIONS](#)
- [ADDITIONAL INTERVIEWING TECHNIQUES](#)
- [INTERVIEW REFLECTION](#)
- [OBSERVATIONS & JOURNEY MAPPING](#)
- [PREPARING TO SHADOW](#)
- [SHADOW REFLECTION](#)

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