

HOW TO MAKE YOUR BEST IMPRESSION IN A VIDEO INTERVIEW

As employers work to keep their own employees and job candidates – like you – safe during the COVID-19 pandemic, many are turning to video interviews. Some are live, like a video call, but some allow you to record your answers on your own time. These interviews can be intimidating if you've never done one before. However, they are a great opportunity to showcase your skills and abilities to potential employers.

Whether your interview is live or you're recording responses, follow these simple tips to ensure your success:



TREAT YOUR VIDEO INTERVIEW LIKE AN IN-PERSON INTERVIEW

Recruiters and hiring managers treat video interviews exactly like an in-person interview. You should do the same. Present yourself and prepare exactly how you would for an in-person interview. Do research on the organization. Dress how you would for a traditional interview.

SET UP YOUR SHOT

Since you will be at home for your interview, you want to make sure your surroundings aren't distracting. Make sure you're in a tidy, sterile location. A common area of the house, preferably with a wall as the backdrop, is optimal – avoid bedrooms, bathrooms and kitchens.

Before you start your video interview, you will want to make sure you have the camera placed so the video only shows you from the chest up. This will put the focus on you and what you're saying. Additionally, you'll want to make sure the lighting is good. If there is a light or window behind you, it will be hard for the interviewer to see your face. Consider sitting facing a light or window so the interviewer can see you clearly.

TEST YOUR EQUIPMENT AND PRACTICE TALKING TO A CAMERA

Make sure your camera and microphone are working. Make sure your voice comes through and your video looks clear and professional.

It is also a good idea to practice talking into a camera. It can be stressful and uncomfortable the first time you try, but it will get easier with practice. Consider a video call with a friend or family member or run through some practice questions on your own.

When it comes time for your interview, log in early so you have a chance to get comfortable with the interface and make sure your everything looks good and works well.

LOOK YOUR BEST AND BE CONFIDENT!

When you sit down for your interview, pay attention to your posture. Sit up straight, pull your shoulders back and hold your head up high. You will radiate confidence, and your interviewer will notice.

Look directly at the camera. It can be tempting to look at the interviewer or watch yourself, but try your best to talk to the camera. If it helps, consider dragging or moving the video window close to your camera. By looking into the camera, you give the appearance of looking the interviewer directly in their eyes.

Finally, smile! Smiling is contagious, shows warmth, social awareness and confidence. Everyone is coping with the impact of the COVID-19 pandemic. Remember that things will get better.