



Video Interview Advice

Preparation is key to your success!

Video interviewing is becoming more widely used to interview candidates.

Here are our top tips to help you prepare:

- If it's a live video interview, prepare as you would if it were face to face. You will want to engage and build a rapport with the interviewer(s).
- If it is a pre-recorded video interview, practice, practice, practice! Practice recording yourself answering questions beforehand. It may feel un-natural at first to speak to a screen.
- Plan where you're going to do the video interview. Use a quiet location, where you won't be disturbed by noises and people. Make sure the room you choose is tidy.
- Close any software on your computer that might play notification sounds and switch your phone to silent to guarantee you won't be distracted.
- You may be at home but it's still a job interview and this is your opportunity to give a professional first impression - this means dressing appropriately.
- Avoid slouching, moving too much or touching your face. Instead employers will be looking for you to make good eye contact, smile, listen and take an interest in what they're saying. To help you do this your camera should be at eye level and you should look into it rather than at the screen.
- Test your equipment before your interview takes place. Check everything is plugged in or charged. Check the height of your webcam and make sure it works. Test that your internet connection is stable, you don't want any technical hitches stand in the way of securing your new role!
- Make sure your phone is on silent.

GOOD LUCK!

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