

Preparing for Video Interviews

By Paperitalo Staff

Given the current circumstances surrounding the coronavirus, we will likely see a surge in video interviews.

Video interviews are not optimal as compared to face-to-face interviews, and most feel uncomfortable in that type of setting, as they are not used to them.

Being prepared for the video interview is essential.

To prepare for a video interview, you need to ensure that you have the proper equipment, video, sound, and internet. Practice an interview with a friend or family member to make sure the equipment works properly.

It's important to establish a back-up plan, in case the internet gets bogged down, such as using your phone or iPad as a hot spot.

Maintaining eye contact is as important in a video interview as it is in person. Try to maintain eye contact without glaring. Make sure you smile often and be cognizant of your facial expressions.

Dress for the video interview as you would for an in-person interview.

Be cognizant of your posture during the interview.

Make sure that during the interview, you will not be disrupted. This is particularly important if you have dogs, children, or other distractions. Be prepared to not be disturbed during the interview.

Relax! Try not to show nervousness during the interview.

During the interview, treat it the same as you would in-person.