



valrose

Video Interview Hints and Tips

1. Find a well-lit area. If your room is dark grab a lamp and adjust it next to you so the light is shining on your face.
2. Blur out the background in your room. This can be done through the settings on the video platform
3. Fully charge your laptop (ideally plug into mains)
4. Do a practice run with someone you trust
5. Test the speaker and microphone are functioning well (wear headphones if need be)
6. Dress professionally. A softer, solid colour is the best option (e.g. greys or dark blues). Avoid white.
7. Look directly into the camera to ensure good eye contact with the interviewer
8. Set the webcam very slightly above eye level, in line with forehead
9. Don't forget to nod and smile to show you're engaged
10. Have a glass of water next you, in case of dry throat/coughing fits
11. Check your internet connection, ideally a speed of 10Mbps or better
12. Close all your browser tabs to free up memory