

The Interview Itself

Just before:

- ✓ Get in the mood
- ✓ Cut out the distractions
- ✓ Be punctual
- ✓ Establish a rapport

Making a great first impression via video is a lot harder than in person. An interviewer can drift off and stop giving you their undivided attention if you are not engaging them.

- Dress as you would for an in-person interview. Wear clean, smart clothes, avoiding bright colours. Ensure you look your best.
- Posture is vital. Choose a chair that enables you to sit up straight. Lean in a bit toward the camera to look more engaged.
- Because of potential lags in the video feed, it's important to speak slowly and clearly.
- Keep your hands out of sight of the camera unless a gesture will help to emphasise your point. Avoid touching your face.
- Positive facial expressions are vital. You will need to practise looking forward and interested even when you are not talking.
- Maintaining eye contact is essential. Look at the camera often, not the interviewer's face on screen. Don't get distracted by your phone!
- It's important to show others you are listening and engaged in the conversation. Using non-verbal cues such as nodding and smiling will help.
- It's always good practice to pause before answering questions in an interview but even more so virtually as you don't want to cut someone else off mid-sentence due to video lag. This also gives you thinking time.

