

How to do well in video interviews

- [Prepare for your video interview](#)
- [Get your location ready](#)
- [Prepare yourself](#)
- [On the day of the interview](#)
- [At the interview](#)
- [Live online interview tips](#)

Prepare for your video interview

- Make a note of important times and deadline dates
- Double check the contact details for joining the interview
- Spend some time on practice questions if you are sent any - they will help you become familiar with the format and understand what to expect

Like all interviews you will need to prepare well. Make sure that you have.

Get your location ready

You will need a quiet room with no interruptions. If you live in a shared house, you may need to warn others to be quiet.

Find somewhere you can sit in front of a plain background that will not be distracting. Make sure you have good natural light or use a lamp so that the interviewer can see you well on screen.

If you can, use a computer or laptop rather than a tablet or mobile phone. Position it so the camera is at eye level. Headphones will improve your sound quality.

You could split your screen and have your prompt cards on one half and the interview on the other.

Before you start you should test your microphone and make sure you know how to use the software, like how to:

- start and end the session
- mute your microphone or turn off your camera
- share your screen – you may have to do a practical task during the interview

Prepare yourself

Wear smart clothes that look professional. Go for something plain that does not look distracting on camera. Keep jewellery to a minimum and try to avoid anything that could distract you and be noisy when you move.

You should do some practice runs, by recording yourself and watching the recording back. Make sure that when you are talking to camera you:

- Speak clearly
- Do not talk too fast
- Pause at the end of a question so that you don't talk over the interviewer (there is a slight delay online)
- Smile and look interested
- Sit up straight and have good body language
- Keep up good eye contact – look at your camera rather than at the screen

On the day of your interview

Make sure you plug in or charge your equipment and that your internet connection is good. Log in with at least half an hour to spare so that you can check everything is working well.

To avoid distractions, close any other windows on your computer and turn off your mobile phone.

At the interview

Take some deep breaths and try to stay calm.

Try to enjoy the experience and show the interviewer that you are a good fit for the role.

After the interview, you should write down:

- 2 or 3 things that you think went well
- 2 or 3 that you think you could improve next time

If you feel you need help to build your confidence in video interviews, talk to your HEE careers adviser or your education supervisor for support.

Live online interview tips

A live video interview is like a face-to-face interview. You'll have an interviewer, or a panel of interviewers ask you questions in real time. It will be on a service like:

- Skype
- Zoom
- Teams

In a live video interview, if you have any technical problems, let the interviewer know. Do not try to muddle through. It is better to stop and restart than pretend everything is okay.