



VIDEO INTERVIEWS

wade macdonald

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Like it or not, most interviews for the foreseeable future are likely to be done over video, rather than face-to-face. It is important to adapt to this as quickly as possible so as not to be at a disadvantage in the market.

This is a new experience for most, so we hope this short presentation will offer some support and help.

The two types of video interview

Live interviews:

A video call with the interviewer. This is relatively similar to a face-to-face interview, but with a few slight differences. Once you are used to the technology and have prepared, most people feel as relaxed as in a standard interview, knowing that they are speaking face-to-face with a person, even if it's only through a screen.

Pre-recorded interviews:

These provide you with questions you must answer by recording yourself. These interviews are usually recorded with specialist software and you will have a certain number of attempts to answer each question.

Preparation

Interviews may be harder to come by for the coming months, so make sure you have prepared like never before.

- Research the business
- Look up the interviewer on LinkedIn
- Know your CV inside out
- Have the job spec in front of you

Check that your technology works!

Before the interview have some test runs using the technology on your lap top, phone or iPad to ensure that it works. Call friends and family rather than a live test in an interview scenario!

In particular check the camera, microphone and internet connection are functioning properly and that whatever software the interview will be run on works on your devices. Zoom is particularly popular at the moment and can be tested easily in 'social gatherings'. Don't forget to ensure you have enough battery or that you are plugged in before you start!

Just as you would in a face-to-face interview, check your phone is off. Also make sure that you are not going to get interrupted by children, pets or partners!

Appearance

You want to be positioned where you can be seen, but do not want to be too close to the screen.

Ensure you are in the centre of the screen, with the camera at eye-level. Look into the camera as you will appear more engaged with the interviewer.

Ensure that you are in a location without too much background noise, where you will not be disturbed. Ensure the lighting works, do not have a bright window behind you as you may not be seen. Do not have things behind you that you do not want seen, be in a tidy space and dress smartly.

Body language

Clearly body language is harder to portray over a video.

Be aware that facial expressions may stand out even more than normal and be careful not to move your eyes to look around as you will appear distracted.

Ensure you don't fidget too much, avoid covering your mouth, and make sure to smile.

If you need further support

Please feel free to reach out to us. We're always happy to answer any questions and check over your CV.

Contact our Managing Director:

Email: chris.goulding@wademacdonald.com

Mobile: 07825 758710

Our website: www.wademacdonald.com

Our LinkedIn: www.linkedin.com/company/wade-macdonald