



THE HEALTHCARE INITIATIVE

VIDEO INTERVIEW PREP

HERE'S AN IMPORTANT REMINDER:

Dress Professionally:

Dress like you would for an in-person interview. Business casual is fine. Think suit coat and tie or blazer/jacket.

Shrink it Down:

No big gestures and no sudden movements. When in real time, those actions read like personal energy. On a webcam, it is jarring and distracting. Understand you don't need to freeze, just stay centered. You don't need movement to show energy.

Remember There is a Slight Delay:

Pause for 2-3 seconds before answering the question.

Amp Up the Volume:

In real time you do this naturally by unconsciously going 10% higher than the person you are interviewing. On webcam, you don't have the interaction to feed off of, so you have to provide the increased consciousness yourself. This does not mean being extremely amped, just a little higher than you would normally speak.

Look at the Camera Every So Often:

Don't focus on the screen. From their perspective, it can appear that you are looking down.

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Remember It's Not a Photo Shoot:

A webcam interview is two way communication and people forget this fact when they are staring into a red light. You can still ask questions and interject as you would during a normal face to face interview.

Take an Actor's Beat:

Actors and good political speaker take a slight pause before responding. It creates some importance and anticipation. It shows a calm and confident demeanor.

Smile:

You are not being interrogated, you are being interviewed.

Be Aware of Your Surroundings:

When participating in a webcam interview, it is important to remember that your surroundings are more than likely being projected to the hiring authority as well. A home office is an ideal setting. If that is not an option, then try to pick an area of your home that has very minimal distractions. You want the backdrop to be irrelevant to their opinion of you.

Don't Over Think It:

Lastly, do not psyche yourself out over the fact you are interviewing via webcam. Take these pointers into consideration, but do not act like a robot and forget that you are essentially doing the same thing you would be doing during a typical face to face interview.

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