

HOW TO ACE YOUR VIDEO INTERVIEW

During Covid-19

GIVEN THE CURRENT REQUIREMENT TO SOCIALLY DISTANCE IT IS HIGHLY LIKELY THAT YOUR NEXT INTERVIEW WILL BE PERFORMED USING VIDEO TECHNOLOGY



PREPARE

Prepare as if you are having a normal face to face interview. Research the organisation, the sector and the role in detail. Prepare your stories and evidence to show you can do the role.

PLAN

Plan a quiet distraction free area with adequate lighting. Make sure the room is tidy and your background is simple and free from clutter. Turn off all other devices. Dress professionally and consider how you look on screen by doing a trial run.



PROTRAY



Portray an air of confidence by sitting up tall, nodding and making good eye contact. Project your voice and pause. Try not to rush your answers. Smile - let your personality shine.

PRACTISE

Practise as many interviews as you can using the required technology. Keep reviewing to make improvements - look out for eye contact, tone of voice, clarity, body language, habits and mannerisms.



PLUG IN



Test and familiarise yourself with the technology and software required well in advance. Ensure it is plugged in or fully charged on the day.

Relax, Breathe and Take your Time - You've got this!

Career Development Centre www.tudublin.ie/careers