

Tips for your online interview

Meet the deadline

You will usually be given at least a few days to complete the interview. Choose a time that suits you, that is free from distractions. If you leave it until the last minute, you run the risk of technical difficulties or missing out entirely.

Dress to impress

Despite the employers only being able to see a small view of you, it is still important to dress professionally. This is the first time the employers are seeing you, and you want to leave a good impression.

Check time restrictions

There is nothing worse than being halfway through your strongest point or most important information, and then the timer running out. Adjust your points and the order you are going to say your answers in according to the amount of time available.

Maintain eye contact

Although it may feel unnatural to keep your eyes focused on a camera for a period of time, this is very important. You want to avoid it seeming as though you're unfocused and being distracted, so make sure you are always looking at the camera.

Check your internet connection

Make sure your connection to the internet is strong before starting the interview. Also remember to shut down all the other apps and tabs on your device.

Choose seating wisely

Although it may be the last thing you think to consider before completing a one way video interview, what you choose to sit on for the interview actually matters. Swivel chairs, chairs that creak when you move or lean back, or exercise balls that make it difficult to stay still may not be the best choice.

Minimize distractions

Background noise from pets, partners and housemates can not only be distracting for you, but also for your employer. Consider putting pets outside, or asking others else in your to take go for a walk for the duration of your interview.