



Virtual interviewing tips and resources

Virtual interviewing is becoming more popular and – at times – essential.

Here are some tips and resources to help you prepare for your next video interview.

Practice and test your technology.

Practice with Skype, Google Hangouts, Facetime or another free service to see what an online interview will feel like. Test your computer and connection with a friend or family member.

If you know your interviewers will be using a technology you are unfamiliar with and/or don't have access to, watch some Youtube or LinkedIn Learning tutorials to learn the basics. If possible, use a laptop for an interview rather than your cell phone.

Create a distraction free-background with good lighting.

As part of your practice, find a good place to have the interview. A blank wall can be an ideal background because you want the interviewers to focus on you. Also, make sure your interviewing spot has good lighting so you do not appear too dark. Finally, have a plan for pets and other people in your household so you have quiet during the time of the interview.

Dress in your normal interview attire.

Dress as you would for a regular interview. Don't assume your interviewers will only see your top half – you might need to stand up to adjust something.

Watch your body language.

Remember to have good posture and sit up straight.

Look at the camera as much as possible.

In order to appear as though you are looking at the interviewees, you must look at the camera instead of the screen. Practice not looking at yourself while answering questions. Try not to get distracted by your own image.

Prepare answers to typical questions.

Like any interview, use the job posting to anticipate likely interview questions. Think of concrete examples of work that illustrate your skills, and practice answering common questions. For more on how to prepare for effective interview responses, see our other interviewing resources offered by the CWE Center.

Explore these resources for more tips on virtual interviewing.

READ THIS GUIDE

- [Indeed.com's guide to video interviewing](#)

WATCH THESE VIDEOS *(To access, log in to LinkedIn Learning using your OHSU credentials)*

- [LinkedIn Learning course: Video Interviewing Tips](#)
- [LinkedIn Learning video: How to Nail a phone or video interview](#)