Online Interview Tips

Although most healthcare programs have been resistant to online interviews, with the health risks presented by COVID-19, the Fall 2020 semester presents an opportunity to explore online interview options.

These tips will help you approach online interviews in the same professional manner as you would an in-person interview. Remember this is new for most schools as well. We're all learning together! Practice your interview skills online. Record yourself and see how your set-up looks. Adjust your lighting and setting as needed.

Technology

- If possible, use a computer rather than a phone or tablet
- Check on your camera and sound ahead of time and earlier that day
- Turn off all other programs and pop-ups
- Plug it in—do not rely on battery power
- Check on the time zone of the appointment

Control the Atmosphere

- You need to be alone in a quiet setting
- Try to find a place with no (or little) external noise
- Place light behind the screen so it is on your face—close blinds
- Raise the device so the top of the screen is at your hairline—you don't want the camera to be aimed up your nose
- Don't sit too close
- Look at the camera to maintain eye contact
- Cover yourself on the screen—don't look at the image of yourself
- Sound is often better with a headset or earbuds

The Setting

- No swivel chairs
- Do not sit on your bed—you need to be at a desk or table
- You should have a plain, neutral background
- Try to eliminate views of doorknobs, door handles, light switches, posters, framed pictures

Be Aware Of

- Fidgeting
- Leg, knee or foot jiggling
- Keep your hands pressed down in your lap so that you don't gesture too much
- Do not play with your hair, jewelry, or beard
- Plain solid color clothing will look best on camera as will minimal jewelry
- You might try sitting on the back of your jacket to keep it from scooting up around your shoulders
- Wear pants (not pajama bottoms)

[Tips for Looking Good on a Webcam](https://www.youtube.com/watch?v=4IfzvaBYRwg) https://www.youtube.com/watch?v=4IfzvaBYRwg