

# Quick guide for video interviews

Increasingly employers are using video calls as a way to screen candidates or conduct the first round interview. There are some similarities between video interviews and phone interviews; however, candidates need to be more aware of the visual surroundings during a video interview.

**Below are a few tips to keep in mind when preparing for a video interview.**

1. Just like **preparation** for a phone or face-to-face job interview, do a **trial run** with a friend, or colleague to be sure you are ready on all fronts. **Test** the technology prior to the interview to ensure the volume is appropriate and no cords are unplugged.
2. **Dress** as though you were going to a face-to-face interview. Choose attire that is **appropriate for** the type of position for which you are interviewing. **Neutral colours** are best on camera and avoid busy patterns.
3. Choose a **suitable background** for your interview. Pay attention to the **warmth and depth** of the background. Be sure the background is **free of clutter** and looks **professional**. Choose a location where the lighting is good or add a lamp to illuminate yourself.
4. During the interview, **silence** your home and mobile phones as well as email alerts and other noises coming from your computer that might be heard by the interviewer or be a distraction to you. Keep family members, house-mates and pets away so they are not heard during the interview. Post a note on the door, "**Interview in progress**, please do not disturb," to eliminate the risk of someone walking in on you.
5. Remember to **look at the camera** on your laptop or computer, and not at yourself. Helpful hint: Move the box with your picture closer to the camera on your computer. Then you will be looking directly at the interviewer.
6. TU Delft Career Centre offers **mock interviews** and is happy to help you practice using video calls. E-mail [careercentre@tudelft.nl](mailto:careercentre@tudelft.nl) to schedule a mock interview with a Career Counsellor.