



SETTING UP FOR A Video Interview

Choose a spot where you control the surroundings.

- Your home or another quiet spot with a good internet connect is best.
- Avoid a noisy area where you could be distracted.
- Career Services can help you evaluate locations to ensure you look the most professional.
- Make sure your background is simple.

Choose a location with access to natural light.

- Face the natural light but be aware of any glare that may be reflecting off glasses, a watch, or jewelry.
- Lighting from behind creates shadows.
- *No natural light available?* Ring lights can provide the needed glow!

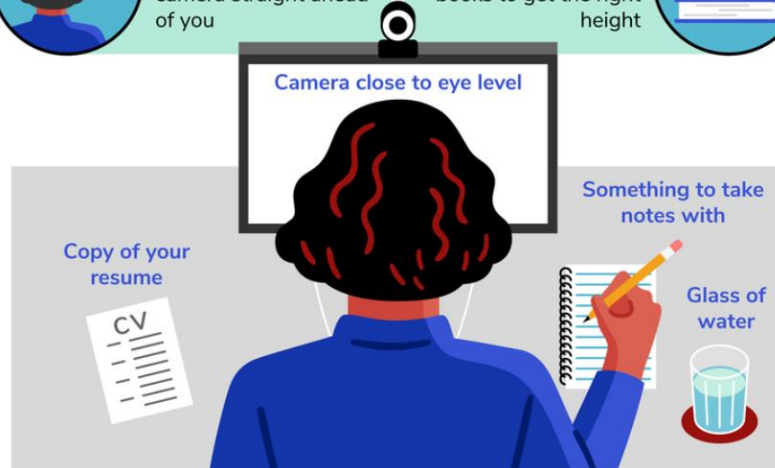


Multiple monitors?

Place the one with the camera straight ahead of you

Using your phone?

Prop it up on a stack of books to get the right height



Additional Tips:

- Practice with a friend or family member (*or Career Services!*) beforehand. This lets you test your audio, video, and internet before the interview and evaluate your background and gestures to let you know of any potential issues.
- Head and shoulders should be visible with approximately 10-20% of the screen above your head left empty.
- Dress professionally – What you wear should be the same as what you wear to an in-person one.
- Have a pair of headphones ready in case there is an issue with an echo at the time of the interview.