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!

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.