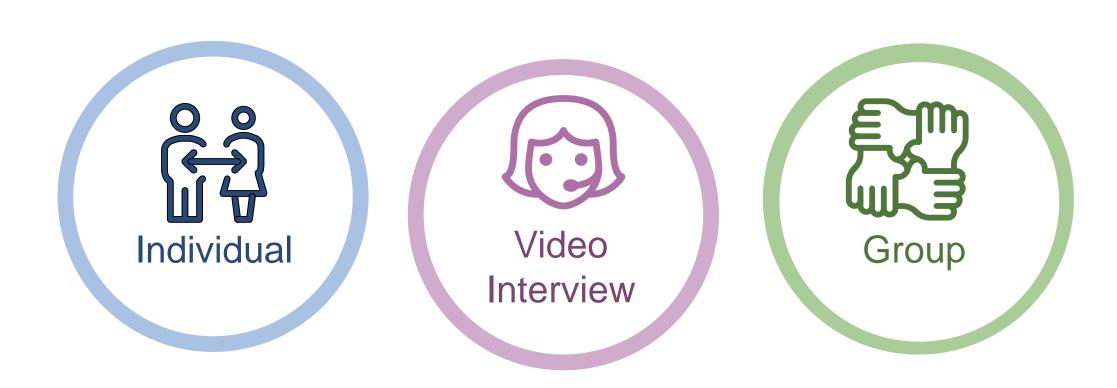


### Types of Collaborations The interviews you encounter most often



#### Video Interview

A video interview is an increasingly popular selection tool among recruiters/employers, especially in this historical period in which the pandemic emergency requires limiting contacts and travel.



#### **Advantages and Disadvantages**





- Speeds up the selection process, saves time
- Allows you to talk to people who cannot physically get to the office
- In times of emergency such as Covid-19, it reduces the risks of travel and direct contact and still allows you to look at each other without the limitation of having to wear a mask
- Allows you to see how comfortable candidates are with the technology
- Makes candidates more comfortable, avoiding the stress of travel

- Technical issues can impact interview quality
- Some people may not feel comfortable with technological tools
- This is an actual job interview: both the candidate and the person in the room with him/her must be aware of it
- Time is very limited; you need to know how to use the 30 or 40 minutes efficiently

## HOW DO YOU APPROACH A VIDEO INTERVIEW?



#### Become familiar with the technology



Be prepared for your interview: **check your internet connection** and your PC's audio/video settings. If possible, use earphones to improve sound quality and isolate background noise.



If possible, do a **tech rehearsal** with a friend or family member to make sure everything is working to avoid stressing about it on the interview day.



If you use a mobile device, be careful to place the device vertically. Try to place your device, be it a PC or a smartphone, **on a fixed and stable stand** to avoid an annoying ripple effect.

# CHOOSE A SUITABLE ENVIRONMENT WHERE YOU FEEL COMFORTABLE

Choose a suitable
 environment for an
 interview: well-lit, with a
 neutral background and
 no disturbing elements

 Silence your cell phone, just as you would for an in-person interview.



### PREPARE YOURSELF

Prepare your pitch: How will you introduce yourself? Why do you want to work for that company? Which of your skills would be useful for that role?

Prepare carefully: this is an interview like in-person interviews, so dress and present yourself appropriately.

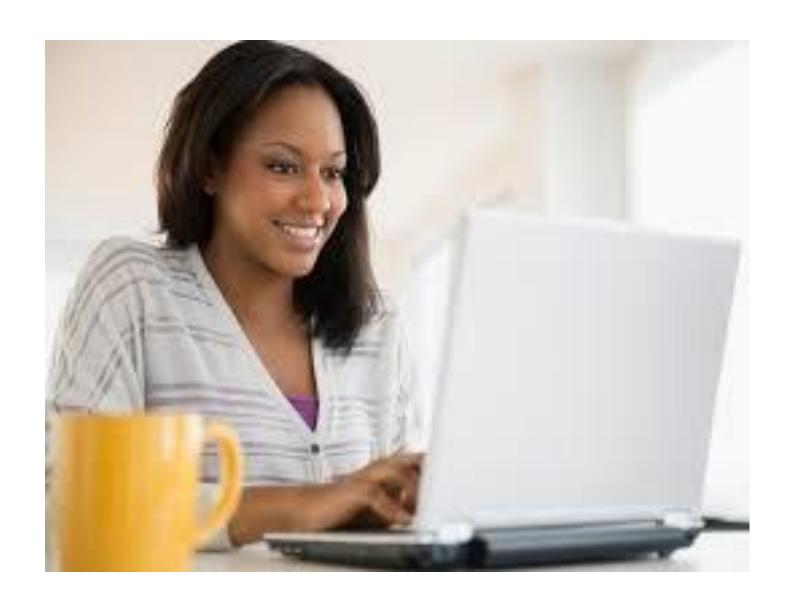


# THE DAY OF THE INTERVIEW

Be on time.

During the interview, maintain eye contact by looking into the camera.

Don't use your device for other things while you're interviewing; the recruiter will notice, and you won't make a good impression.





Video Interview - DC Job Placement