



Ten Essential Tips for Video Interviews

Well done on securing a video interview! This will be an excellent opportunity to showcase your skillset.

At Vanilla, we understand that interviews can be a daunting prospect, especially if you have been asked to attend a “virtual” interview via a video call, which is increasingly the case these days. We not only arrange video interviews for applicants every week, we also regularly carry out video interviews with candidates ourselves as part of our registration process. Based on our extensive experience, we thought it might be useful to put together our top tips for a seamless, positive and successful video interview experience!

Why are video interviews on the increase?

Video interviews aren’t a brand new concept; however until recently they were often reserved for situations where a company might need to interview a candidate who was based beyond a commutable distance to the company premises, or even perhaps lived overseas.

However, recent events have meant that video interviews have shifted from being somewhat of a novelty to being the format of choice. The commonplace availability of fantastic technology such as FaceTime, WhatsApp, Skype, Zoom and Microsoft Teams means that most people will have easy access to at least one, if not several video calling options.

Once you have secured a video interview, there are a number of steps you can take to ensure, as far as possible, that the interview is a success.

Much of the advice we have for you during an interview would be the same for a face-to-face appointment. Please take a look at the existing [resources on our website](#) to ensure you are prepared for popular interview structures and any competency-based questions.

Must-do preparation before a video interview

- Check the **time and date** of the interview, and make sure keep a good amount of time free beforehand to ensure you are fully set up and ready for the call
- Make sure you are in a **quiet place with no distractions**. The majority of video interviews take place at home, and if you live with other people it is essential that you find a private area free from disturbances.
- Ensure you have a **strong, reliable Wi-Fi or 4G connection**. If you are using a phone, consider the fact that sometimes your 4G signal might be stronger than your Wi-Fi. Test both beforehand and go with the one which performs more reliably.
- Purchase and / or download any **required software or apps** well in advance and have test them out with friends or family so that you are familiar with how everything works.
- **Sit in a bright, well-lit room**. Avoid sitting with a window or patio doors behind you if possible.
- Consider what can be seen behind you and keep it as **simple and clutter-free as possible**, so that you are the main focal point and there are no visual distractions.



- You should follow the **same dress code** as you would for a face-to-face interview. This will vary from business attire to smart-casual depending on the company, so be sure to check beforehand.
- **Eye contact** is extremely difficult on a video call. Avoid the temptation to keep checking yourself on the screen, and when answering questions try to look directly at the camera on your device. You might find it useful to practice with a friend beforehand to get it right!
- **Be polite and patient**; technology is not without its glitches and although disconnections or time delays might be frustrating, treat them with good humour and a problem-solving approach.
- End the call on a **positive, friendly and professional note** as you would a face-to-face interview and ensure that the line has completely disconnected and you have closed the app / software.

Above all, as with any interview, preparation is key so that you are not distracted by your surroundings or fazed by any of the technology or software that you are using. Take the time to ensure you have covered all of the tips above, as well as following our [interview questions tips and guidance](#).

Finally, if you have any other questions or concerns prior to your video interview, don't forget that you can contact us at Vanilla for advice and we'd be delighted to help!

We wish you an enjoyable, positive and successful interview!