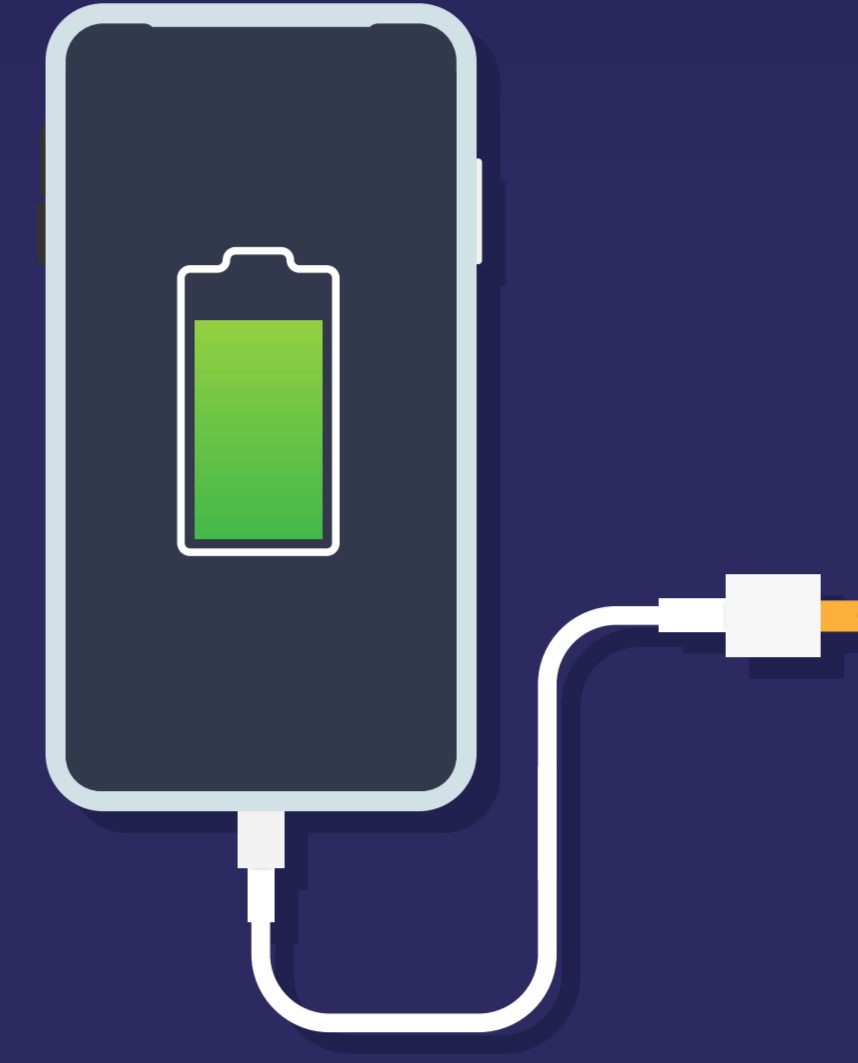


# How to Ace Your Video Interview



## The Basics



- Research the company in advance
- Ensure your device is charged
- Give 100% of your attention to the interview

## What to Wear



- Dress professionally from head to toe
- Opt for neutral colors
- Avoid busy patterns

## Lighting Dos and Don'ts



- Find a well-lit area
- Opt for natural light when possible
- Avoid backlighting

## Set the Scene before Going Onscreen



- Tidy the area in the camera frame
- Close doors & windows; turn off TV & music
- Set phone to "Do Not Disturb"



## Body Language

55% of communication comes from body language. Only 7% of communication comes from words.

20%

### Show open body language

20% of interviewers said applicants who sat with their arms crossed were not considered

65%

### Maintain good posture & eye contact

65% of interviewers said candidates who failed to make eye contact didn't get the role

40%

### Smile now & then

40% of interviewers said a lack of a smile is a good enough reason not to consider a candidate

- Practice, Practice, Practice
- Record yourself & review the video

- Practice with others in a mock interview
- No need to memorize everything



A VidCruiter Cheat Sheet

Take a deep breath, relax, and be yourself.

**You're ready!**

**Vid Cruiter**

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