Get ready for your video interview

The brief guide below is to help you prepare for practising your video interview with the Careers & Employability Service.

Why do employers use video interviews?
A video interview doesn’t replace a face to face meeting, rather it acts as an initial assessment in the recruitment process. The employer can then view the interview at any time during the day and multiple staff can assess your interview.

Why do a practice video interview?
More and more employers are now using video interview software in their recruitment. In 2017, 53% of ISE (Institute of Student Employers) said that they now use video interviews. The number continues to grow year on year. There is a strong possibility that at some point during graduate or placement recruitment you will be faced with a video interview. Equally, you could face one as your career progresses.

The questions you are likely to come across are the same as the ones used in a face-to-face or telephone interview. Therefore, this can also be used as practice for interview skills in general.

Get some practice
You can practice video interviews through the Manchester Metropolitan University in 2 ways. If you want to take an interview with targeted questions and the opportunity to receive feedback, email us at: videointerviews@mmu.ac.uk with your:

- Name
- Student ID
- Preferred email address
- Any information about the role/company etc. you are looking to apply for and we will be in touch.

Alternatively you can use the Interview Simulator within MMyou where you can practice a range of pre set interview questions. There is a wide range of interview resources within MMyou that you will find useful for your interview preparation: https://mycareerhub.mmu.ac.uk/students/abintegro?redirectURL=/Resources/interviewsimulator/interviewsimulator.aspx

Both options allow you to review your recorded answers. To help prepare, you might find our Video Interview Self Assessment guide useful: https://www2.mmu.ac.uk/careers/students/how-we-can-help-you/careers-videos-guides-and-directories/

Getting started
Just follow the instructions as you go through the set up process. It’s straight forward so there shouldn’t be any problems.
Some top tips

- Make sure you are in a quiet room, free from disturbance for the duration of the interview.
- Dress the part! This is an interview so dress appropriately.
- Make sure your laptop/PC/phone is fully charged and compatible with the software being used.
- You will get the chance to try a practice question, which you can play back and try again – use this opportunity to check camera position, lighting etc.
- Remember, once you are in the interview, you can’t go back to retry questions so try your best!
- For each question, you are given an allotted time to read the question and compose your answer. You will not have time to write extensive notes but you could put key words on a piece of paper.
- You don’t have to use up all the time allotted for the question, when you are finished you can press to move onto the next question.
- One fundamental difference with video interviews is that there is no one nodding or smiling back at you. There is no non-verbal communication for you to pick up on, so ensure that you talk in a positive, enthusiastic way maintaining eye contact with the camera as if you were speaking to a real person.
- Ensure you give as full answers as possible. In a traditional interview, the interviewer will be prompting you to help develop your answers. In the video interview, there is nobody to help you with this so make sure you give full answers.
- Speak clearly, speak confidently, speak with enthusiasm and speak with a smile on your face! Be positive!