

# Survey: Six in 10 Companies Conduct Video Job Interviews

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**Via: Talent Management**

Job seekers may want to get ready for their close-ups, a new OfficeTeam survey suggests.

More than six in 10 (63 percent) human resources (HR) managers interviewed said their company often conducts employment interviews via video, up from just 14 percent one year ago.

In addition, 13 percent of respondents think their organization will use video more frequently to meet with applicants in the next three years.

Eighty Five percent anticipate the number of video interviews to remain the same, according to the survey, which was conducted by an independent research firm and is based on telephone interviews with more than 500 HR managers at U.S. companies with 20 or more employees.

OfficeTeam offers seven tips for job seekers when participating in video interviews:

**Test the technology.** Familiarize yourself with the video tools and functionality in advance to troubleshoot issues. Also, if your computer is prone to problems, consider having a backup on hand.

**Choose the right location.** Conduct the meeting in an area with good lighting that's free of distractions or anything within view that could be perceived as unprofessional. Beware of things like windows in the background, which can cast dark shadows, or barking dogs that may make it difficult to hear.

**Take a trial run.** Ask a friend to videoconference with you and provide feedback on how close you should sit to the camera. He or she also can recommend adjustments for your surroundings.

**Suit up.** Dress and groom the way you would for a face-to-face interview, and don't assume you'll only be visible from the waist up. Avoid bold patterns and colors that don't show up well on video.

**Exude confidence.** Look at the camera when answering questions so it appears you're talking directly to the employer. Also, don't forget to smile and sit up straight.

**Be heard.** Make sure your responses are audible to the interviewer. Speak loudly and clearly into the microphone.

**Treat it like a real interview.** Approach the meeting with all the seriousness and preparation you would give to an in-person interview. This includes having questions ready and following up with a thank you note.

*Source: OfficeTeam*