Tips for a Successful Virtual Residency Interview

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Things to do in Advance of the Interview Day

- Make sure that you select a location that has strong and reliable internet connection.

- Check your hardware to make sure that it is compatible with the requirements of the interview platform.

- Select one location and use it for all of your interviews - that way you can develop a consistent professional interview routine.

- The location that you select should have minimal distractions e.g., a simple background, minimal ambient noise, etc. You want interviewers to focus on you and not on distracting details.

- Confirm and organize all interview login information for easy access on interview day.

- A laptop or desktop is more stable and offers less potential for a shaking image during the interview. However, most smart phones today have far better camera quality than laptops. In such cases, a smart phone with HD and higher megapixels may be a better option than a laptop. Try both options and compare quality.

- Place the computer/smart phone so that you maintain eye contact with the camera, not the screen. Avoid looking at yourself. **Balance your eye contact.** Don't stare directly into the camera for too long — but on the other hand, don't stare at your notes the whole time, either.

- **Body language is important** too: Don't be a floating head! Position your webcam so the majority of your upper body is in view. Then use your hand gestures and facial expressions to overcome the virtual barrier and truly connect with your interviewer.

- Optimize your lighting so that there are no strange shadows or reflections. Typically, soft lighting just above eye level on both sides and slightly in front of you is best.

- Check your camera and microphone for quality. If possible, record yourself to make sure that you are satisfied with your appearance and quality of your audio.

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Your Personal Preparation

- This is professional event, so avoid casual clothing. Specifically, do not just dress professionally from only the waist up! If you should have to standup for some unanticipated reason during the interview you will appear very unprofessional.

- Have your hair well-groomed and out of your face. Online, where fewer non-verbal cues are available to interviewer, eye contact is important.

- There can be glare off of eyeglasses – that could interfere with establishing eye contact. You may opt for contact lenses if you wear them.

- Avoid flamboyant or distinctive clothing, ties, or jewelry. Again, you do not want to introduce any distractions into the interview process.

- Make sure that your clothes fit well and will stay in place without the need to fiddle with them.

The Day of the Interview

- Remove visual distractions such as people and pets.

- Eliminate auditory distractions such as your phone. **Mute any other devices or computer notifications** that could potentially make noise during your interview.

- Remember to sit forward and engage in the conversation. Do not slouch. Look energetic and enthusiastic. Ask questions.

- If you need reminder notes for names and questions, consider taping your notes at eye level. This will minimize your looking down or away from the interviewer during the session.

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