

Nurse Becoming Ep.089 - Virtual Interviews - 6 Tangible Tips...

📅 Thu, Jan 06, 2022 8:20AM 🕒 13:16

SUMMARY KEYWORDS

interview, eye contact, screen, tips, earbud, virtual, lit, face, computer, distracting, number, tip number, fidget spinner, interviewing, resume, important, put, light source, helpful, facial expressions

SPEAKERS

Amanda Guarniere

A Amanda Guarniere 00:02

Hello friends welcome back to the nurse becoming podcast. It's Amanda Guarniere, your host, I hope you are having a wonderful day, a wonderful week, wonderful year wonderful life. Oh, I just, I just wish you all the best always! So today we're talking about virtual interview tips. And many things have changed since the pandemic, not the least of which is how we apply an interview for jobs. So today, we're going to be talking all about virtual interviewing, specifically interviews that that happen over video conference as opposed to phone. There are some disadvantages to this type of interviewing. But I think there are some really great advantages that you may not have thought of. So I don't see virtual interviews as a negative thing. If anything, it kind of gives us the ability to have a more accessible interview experience, and really expand our interests in where we want to go. And you know, you don't have to necessarily fly somewhere to interview for a job on state or take a whole day off. So I think virtual, I think virtual interviews are are great. So I am going to give you some tips to prepare for your next virtual interview. And, you know, we're going to dive, well, we're not going to dive as much into the preparation of the interview portion itself, okay, but rather the specific tactics that may be useful to you in the virtual setting. Okay, so if you're looking for other ideas on how to prepare for the interview questions themselves, then you'll definitely want to check out some previous episodes of mine, like Episode 51 with Dr. Ashlee Hayes all about interviewing... Episode 65, which is How To Answer "Tell Me About a Time When...", and a more recent episode, Episode 87 (that was two weeks ago), "How To Answer, What Are Your Weaknesses?". So if you need some kind of general interview prep, in addition to these virtual tips, definitely go check out those episodes as well. So here is a list of seven tips to prepare you for your next virtual interview. So let's dive in. So tip number one is kind of a couple tips in one, actually three tips and one and it's about your the setup in front of your face and behind your face. So tip number one, I want you to face a light source, I want you to have a clean background. And I want you to have your computer slightly higher than eye level. So let's break those all down facing a light source. This is important because you will if you when you are lit from the front, it's a much more visually appealing look than when you're lit from the back. When you're lit from the back, you'll probably have some weird shadows and maybe a halo effect versus being lit from the front, which will kind of automatically put a little twinkle in your eye, it will make

your face appear brighter. And it's just a more flattering situation in general. So you don't have to have anything fancy like a ring light. But at the very least, have maybe a window behind your computer, or put a lamp or whatever it is just make sure that you are facing light as opposed to having the light behind your head. Now in terms of your background, make sure it's clean and not distracting, it can be a plain wall, it can be a room that you're in, just make sure that there was like no people in the background or messy piles of laundry or whatever. Okay, and the third part of this first tip about your setup is to have your computer slightly higher than eye level. Okay. And that's because you it this is more about you know, flattering angles really. And when you have your computer slightly above eye level, it's going to have you have nice posture first of all, and it is not going to basically have a camera kind of looking up your nose, right. So that's like not a nice angle for anybody. And having it above slightly above eye level mimics most closely what you would see in an in person conversation. Okay, so that's tip number one, you're facing a light source, you have a clean, not distracting background in your computer is slightly higher than eye level. I have a computer stand that I put my laptop on personally because I do a lot of recording. But a stack of books is totally totally fine. So tip number two is to have your resume and a document open on your screen with with questions and for notes. So what I usually do for a virtual interview, is I have my resume up on the screen, then I have the Notes app where I've put some questions and also have a place for me to take notes. And then sometimes I open up a few web pages to like, I'll open up maybe somebody's LinkedIn profile or the web address of the place, so that I can make sure I have a quick resource to to them as an employer. So this is kind of one of those nice advantages of a virtual interview is you can have notes, right, so you can have your questions written down, and it won't look like you're, you know, wrestling through some papers to bring it up. Or if they ask something about your experience, you don't necessarily have to look down in reference your resume, you can look just kind of slightly in a different spot on your screen and have the information that they're looking for. Something else that I've done is if you are anticipating some difficult questions, and you tend to be someone whose mind goes blank, when you're asked questions, you can have that notes up app up on your screen or a document and just have some bullet points, some reminder words, some key words, you don't have to have things scripted out, that's, that's okay, too, if you really want to, but at the very least you can have some reminders, so that you can remember, you know, hit big points that you want to hit in your responses. So that's number two, have your resume open on your screen, as well as a document for with the questions that you've prepared, and also for you to take notes. Now number three, this is not as commonly done is I want you to look into the camera lens, as opposed to looking at your screen. Okay, so I've been on a lot of zoom conferences and a lot of virtual conferences since 2020, the beginning of 2020. And something that makes a really big difference is eye contact. And, something that we lose in the virtual setting is the basically inability to have direct eye contact with each other. And so what I'd like to encourage you to do is you're going to sacrifice receiving the eye contact in favor of giving the eye contact, okay. So if I look directly in the camera of my computer, right now, whoever's watching me on the screen is going to see my eye contact to them right there, they're connecting with me with my eye contact if they're looking at their screen. And that's important. And I think that can really be helpful. And it gives them the opportunity to read your facial expressions, and for you to really put forth kind of a connection through eye contact. What that means though, is that you're not going to be able to look directly at them, because you're not going to be looking at your screen, you'll be looking at your camera. And I think that's okay, that, you know, the slight disadvantage is you won't be able to see their eye contact, you won't be able to really see their facial expressions except kind of in your peripheral vision. But I think that you making the eye contact or you giving the eye contact is so important that it's okay to sacrifice receiving the eye contact. Okay, so that's my my third tip is to look directly into the camera lens, not at your screen. Number four is just off screen, I want you to have some supplies, some emergency

supplies, so I want you to have water, I want you to have tissues, a pen, maybe a calming scent, you know, you can light a candle or have like a stress, anti stress, essential oil, whatever you want. Just like if you are someone who gets nervous, then it can be helpful to have that something that I've done too, particularly when I started speaking back at the beginning of my business when I was giving a lot of interviews and presentations, I would keep. I keep actually a fidget spinner. I stole a fidget spinner from my kids. And I kept it right off screen. And I would fidget with my hands because it was a way for me to get out nervous energy as I was delivering whatever I was saying. And sometimes I still do it now it looks like me like playing with a paperclip or something just off screen. So whatever you need to be more comfortable, this is going to be very specific to you. But make sure that you have them in your area. And the water and tissues is really important. You don't want to be kind of like wiping a snotty nose on your hand. And I don't know about you, but I always end up getting a runny nose when I'm in a stressful or nervous situation. And in case of a coughing fit or your voice gets horse or whatever having water can be really, really great idea. So that's number four- have fear supplies, your emergency supplies off screen. So number five is to wear something comfortable and not distracting and to put a smile on your face. So obviously you don't need to be fully dressed head to toe you can if that helps you feel more confident. I'm kind of a waist up kind of person. I like comfort on the bottom and then I am presentable on top. So you can wear something that's comfortable that's not distracting, like no bright colors or sequins, shimmery things that are going to, you know, cause a reflection or something, just be a bit mindful about what you're wearing. And smile, okay, particularly when you are, you know, when they're talking to you. And whenever you're not talking, if you can put a smile on your face, I think that will be helpful. And the sixth and last tip, I know that I said seven, but I ended up combining some, the sixth and last tip is to test run your tech. Okay, this is super important. So your earbuds and your mic, which might be combined, do a test run, okay, if you're using wireless earbuds, make sure they're charged, you just want to make sure that everything is working. And you also want to clarify the platform in advance that you'll be meeting on, and make sure that you have that software and that it's downloaded and that you know that your your computer can handle it, you know, you want everything to be charged. And the last thing that you want is for you to show up five minutes late because you didn't have the updated version of zoom or, or whatever or, you know, you don't want your air pods to die in the middle of the interview, I do recommend using some sort of earbud as opposed to like the native microphone of your of your computer, because if there's any sort of delay, I can create kind of a nasty feedback. So definitely use an earbud with a mic if possible. So that is the last one test on your tech. So let's go through the six tips again. So the first one is that three parter facing light source having a clean background and having your computer slightly higher than eye level. Number two is to have some cheat sheets up on your screen, you can have your resume, you can have a document for you to take notes, as well as notes for your responses or questions to ask. Number three, look into the camera lens to make eye contact not at the screen. Number four off screen have some emergency supplies like water tissues, a pen, a calming scent or something to fidget with. Number five is to wear something comfortable and not distracting from the waist up and to smile. And the final tip number six, test run your tech, make sure you have earbuds with a mic. Make sure everything's charged, clarify the platform you'll be on in advance and make sure you have all those things downloaded. So I hope this has been a helpful episode. I would love if you would share this with a friend or leave a rating or review on Apple podcasts or connect with me on Instagram. You know, I sit in my office by myself and record these episodes. And you know, I envision you all listening and loving the podcast and the content that I put out and whenever I can get feedback from you in some way that it is landing and resonating, it is oh-so helpful and really helps me move forward and create even better content for you! So I hope you have a wonderful week and you'll hear from me again next week.

