

# MAXIMISING YOUR ONE-WAY VIDEO INTERVIEW

---

Video interviews are a valuable yet efficient way for potential employers to consider candidates and their fit with the role and company. In one-way video interviews, candidates are presented a series of interview questions in text form, and then given a set time to prepare and record their responses. There is no live interaction with an interviewer. For the most part, video interview preparation is similar to in-person interviews!

## Helpful tips

- Research the company and understand its position, industry and strategies
- Prepare for potential interview questions
- Carefully read the instructions provided
- Check technology requirements and remember to test microphone and camera performance
- Dress professionally –treat it like an in-person interview
- Complete the interview in a quiet and well-lit environment with no background distractions
- Remember to use body language – look directly at the camera to engage with the interviewer and maintain a good posture
- Use STAR/L technique for behavioural questions to maximise your allocated response time (Refer to Creating a good impression in an interview)
- Avoid reading directly from your notes and sounding unnatural and scripted
- Speak clearly and confidently
- Do not be afraid of mistakes! It is understandable that everything might not go smoothly



## More info?

For more information, please contact [careers@stanwell.com](mailto:careers@stanwell.com)

