

Using video as a rehearsal tool for employment interviews



Rehearsing a mock interview is one of the best ways to prepare for any job interview.

This can of course be done by practicing interviews alone in front of a mirror, or by getting friends and family to help. There is also a range of professional and online assistance available but this often has a cost.

If there is access to a webcam, video camera or smartphone, then by recording responses and playing them back, the candidate is able to assess body language and the answers to the questions. They can check on posture and eye contact; fidgeting, rambling responses, or sounding unconfident.

Video recording provides the candidate with a unique way of examining and improving their performance. It can be difficult to watch and hear themselves but understanding how they come across on video can help them analyze and improve their communication and interpersonal skills.

Alison Doyle outlines some of the benefits to undertaking a practice interview all of which can be enhanced by also recording on video.

<https://www.thebalancecareers.com/job-interview-practice-how-to-rehearse-for-an-interview-2062803>

Record Yourself Practicing

If you're new to the workplace or haven't interviewed in a while, try to learn the format of the interview to avoid any surprises. If you understand how a job interview works, you can know what to expect.

Practice Answering Interview Questions

The simplest way to prepare is to create a list of common interview questions and answer each question out loud. The more you practice, the more you will be prepared to respond during an actual job interview. It's important to practice out loud so you can get used to verbalizing your answers and become more comfortable speaking.

Use Flashcards

Write the questions down on flashcards. By shuffling the flashcards, you will become comfortable answering questions in any order.

Recruit a Friend or Family Member

You can also give a list of questions to a friend or family member and have them interview you and provide constructive feedback. Practicing with a friend or family member will provide you with a comfortable, safe environment for honing your interviewing skills and receiving feedback.

Dress the Part

One way to make a do-it-yourself practice interview seem more like an actual job interview is to dress in interview attire. Not only will dressing the part makes you feel like you are heading to a real job interview, but it will also allow you to make sure that your interview clothes are in order and you're ready to go. Trying on your clothes the day of your interview won't leave you much room for improvising if something is wrong, like a stain or bad fit.

Set up an Interview Space

Your practice run will feel more like an actual interview if you set up an interview space. Even if it's your kitchen table (cleared of clutter) with a chair on either side, one for you and one for the interviewer, it will set the scene for your practice interview to be more formal.

The Bottom Line

Practicing your interview skills will help reduce stress during your actual interview, and will allow you to focus on connecting with your interviewer rather than struggling to come up with answers. The more familiar you are with the types of interview questions you'll be asked, the better prepared you will be to interview.