TIPS FOR A SUCCESSFUL VIDEO INTERVIEW

As you prepare for your interview for the Master’s Required Dietetic Internship at The University of Southern Mississippi, here are some things for you to consider:

**ATTIRE**
Even though you are not physically face-to-face with your interviewer(s), you should still dress professionally. Additionally, when we look better, we feel better. Looking like your most professional self will give you the confidence you need for your interview.

**ENVIRONMENT**
Choose where you will be for your interview carefully. The space/room behind you should not be distracting. Try to eliminate any unwanted noises (dogs barking, children crying, phones ringing). Put your phone on silent. Hire a babysitter. Put the dog out.

**WEBCAM**
It may be beneficial to invest in a quality webcam. Place the camera at eye level. This may involve propping your laptop up on books, etc., to achieve the right height. Also, place a light behind your computer to illuminate your face so you don’t look like you are sitting in a cave.

**MICROPHONE**
If you are having trouble with your microphone making your voice loud enough to hear, or your mic is picking up too much ambient noise, you may benefit from a headset with a mic. This will enhance your sound quality.

**BODY LANGUAGE**
It is still important to be mindful of your non-verbal body language. Make eye contact with your camera, avoid fidgeting, or chewing gum. It may be helpful to practice recording yourself answering questions to help you identify what some of your nervous habits are.

**INTERNET**
Make sure you are in a location with a strong, reliable internet connection. You can physically connect your computer to the router with a network cable for internet speeds around 10 Mbps. If your speed is at least 25 Mbps, you may be able to use Wi-Fi.

**PRACTICE**
Before your actual interview, make sure you practice. This will allow you to make sure your webcam, microphone, and internet work properly. Check to ensure you can be seen and heard clearly.