

How to Look Great in Your Selfie

Adapted from Alexander Delorme's Video Interview Tips Sheet

Look Your Best!

We all know we should not do video interviews in our pajamas with messy hair. Try not to look like you just rolled out of bed, but don't feel like you have to go overboard.

Your computer camera arrangement (or cell phone) is another important point. So is the lighting at your desk and in your home.

Adjust your camera to eye-level, so you're looking straight into the camera. 😊

Here are some examples of good and bad camera placement + lighting.

The Good

While not perfect, here's an example of a good setup.

- Face is lit
- Camera is eye-level
- Big smile! Facial expressions are even more noticeable online
- Outside noise/people are non-issues
- Confident interviewee is obviously prepared for questions
- Distractions minimized.



Why isn't this perfect? The room itself could be a bit brighter, and there's a small flare of light coming from behind the curtain. If I were doing an interview I would wear a different shirt and maybe redo my hair. Otherwise, this is a decent looking setup.

The Bad

- The camera is not eye-level
- The face is not lit
- The room is very dark
- Except for the huge flare of light! – very distracting and interviewers hate it
- Posture is awkward and does not exude confidence.



- Room is very dark
- Face is not lit
- Camera angle creates an intimidating image
- Posture and expression are not friendly



For a few more great tips to look and sound your best in a web video discussion, click the video below, “How to Ace your Zoom Interview”

If you have any questions or concerns about your setup or an upcoming interview, please don't hesitate to contact your communications officers. We're happy to help!

