



## 5 Strategies To Make You *Webcam-Ready* For Your Video Medical School Interviews

### 1. Pre-recorded vs Live

Remember that interviews can be pre-recorded, as part of a secondary application, or live. It's important to approach them with the same level of professionalism.

### 2. Interview space

Make sure that the space you will use is quiet - no kids, no pets, no phone, no background noises. Pick a well-lit room and have some lamps available in case you need more light. Use a desk, not your lap or hands to hold your device.

### 3. Equipment

A computer with webcam, laptop, or tablet will typically give you a great picture. If you use a phone, make sure that you turn off all notifications and ringer. Keep your device plugged. Download any required apps at least 48hrs before logging in, to allow troubleshooting time. Have earbuds with mic ready just in case. Make sure wifi or hotspot is functioning.

### 4. Positioning

Make sure your camera is at eye level. Your lightsource should be in front of you or at 45 degree angles on your face. If bright light is behind you, you will appear as a silhouette.

### 5. Attire

Be FULLY professionally dressed from top to BOTTOM to avoid a potentially embarrassing moment.

