

Video Call Guidelines

YES

On time?

Business casual?

Camera at eye level?

Professional background?

Good lighting?

Good microphone?

Privacy?

NO

Hats?

T-shirts?

Green screen or virtual backgrounds?

Cars or cafes?

Background noise?

Dogs, cats, gerbils, snakes, etc.

Multi-tasking? (unless you're taking notes)

You have one chance to make a first-impression. Follow these simple rules to help your video interviews portray you in the best possible way.