



MASTERING (VIDEO) INTERVIEWS IN THE PRIVATE SECTOR

Master the Camera: Video Interview Self-Review & Prep Guide

To truly master an online or asynchronous video interview, watch your practice videos twice: once with the sound off to check your body language, and once with your eyes closed to evaluate your voice.

The platforms and steps below ensure you look, sound, and deliver like a seasoned professional on screen.

Platforms for Video Recording & Practice (free)

1. [Yoodli AI](https://yoodli.ai) (yoodli.ai)

Yoodli is a premier free tool for video self-recording. It records your webcam feed while you answer mock prompts.

- **Key Feedback:** It gives immediate visual metrics on eye contact, body language, facial expressions, and pacing.
- **How to access:** Go to yoodli.ai, sign up for free, and choose the video mock interview feature.

2. [Interview School](https://interviewschool.com) (interviewschool.com)

This platform specializes in simulating realistic asynchronous (one-way) video interviews where you record video responses directly on camera.

- **Key Feedback:** It uses a dashboard grading system to mimic realistic employer interview portals.
- **How to access:** Visit interviewschool.com to create a free basic practice account.

3. [Exponent AI Practice](https://tryexponent.com) (tryexponent.com)

Exponent offers a realistic simulation where a digital avatar asks questions mimicking top corporate interview loops.

- Key Feedback: It forces you to complete a live, timed recorded video mock session under pressure.
- How to access: Go to tryexponent.com and grant camera/microphone permissions.

4. [Loom](https://loom.com) (loom.com) & [Vidyard](https://vidyard.com) (vidyard.com)

These are quick asynchronous video recording extensions ideal for sharing your clips with others.

- Key Feedback: They generate instant, shareable privacy links so you can send your recordings to mentors, teachers, or peers for human critique.
- How to access: Create free accounts directly at loom.com or vidyard.com.

Step 1: The Visual Check (Watch with Sound Off)

- The Eye Contact Illusion: Are you looking at the person on your screen or directly into your webcam lens? To the interviewer, looking directly at the camera lens is what feels like true eye contact. Minimize the screen and situate directly below the lens of your computer.
- The Lighting Triangle: Ensure your main light source is in front of you, not behind you. If you are backlit by a window or bright lamp, your face will appear as a dark shadow.
- Body Framing: Position yourself so the camera captures you from the middle of your chest up. Keep your hand gestures visible within the frame, but make sure they remain below your face.
- Background Cleanliness: Check your background for distracting clutter, open doors, or moving objects. If your space is busy, apply a clean, subtle digital blur filter.

Step 2: The Vocal Check (Listen with Eyes Closed)

- The Speed Test: Nervousness naturally accelerates speech. Aim for a conversational 130 to 150 words per minute. If you are rushing, take a deliberate 2-second breath between the "Task" and "Action" sections of your answer.
- The Filler Word Count: Listen closely for "um," "uh," "like," "so," and "you know." Force yourself to replace these empty sounds with a silent, confident pause.
- Tone Monotony: Avoid a flat, robotic delivery. Ensure your vocal energy and enthusiasm elevate naturally when you cross the finish line to share your positive "Result."

The 4-Point Video-Ready Checklist

Before submitting an official recorded interview or finishing a practice session, check off these baseline rules:

1. **EYE LEVEL:** Is the webcam positioned directly at eye level so you are not looking down or up at the camera?
2. **CAPTIONS & TRANSCRIPTS:** Did you generate or review automated transcripts to visually spot structural errors in your story layout?
3. **AUDIO CLARITY:** Is background noise (fans, traffic, pets) completely eliminated, and is your microphone input crisp without clipping?
4. **NO FLASHING ELEMENTS:** Is your physical background static and free of flashing lights, spinning fans, or screens that cause visual glare?
5. **BODY FRAMING:** Are your hand gestures visible within the frame? Is the camera capturing you from the middle of your chest up?