

## Device and Camera Set-Up for the Virtual Interview Workshop

Students will practice in the workshop in the same set up that is suggested for an actual interview using the following guidelines:

### Environment

- Choose a space that will allow participation without preoccupation
- Curate the background and minimize distractions. Set yourself up as the only point of focus in the frame.
- Avoid whirling ceiling fans and intense backlighting from windows or open doors. Stay away from dimly lit rooms.
- Wear solid colors to create a contrast and draw attention to the foreground.

### Device Position

- Device camera positioning is optimal when the lens center of the camera is eye level.
- Either lower or raise the device (not the angle of the screen) so you are able to look straight into the camera. That may mean placing a laptop on a stack of books or on a taller piece of furniture.

### Body Position

- Whether standing or sitting arrange the device so you are easily framed in a mid-torso view with room for some movement within the frame. This may mean adjusting your distance from the device or table.
- Position hair or adjust glasses to make sure your face can be seen, and you can maintain a neutral or dropped cranial posture. This helps to project a confident screen presence and is a great position for looking straight into the camera.

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If a private, internet-stable area is needed for the event, please look at the following resources available to students.

- [Quiet Study Rooms](#) (Main Library, Albert B. Weaver Science-Engineering Library, Health Sciences Library). Reserve rooms for up to 4 hours at a time, 120 days in advance and 24 hours total/week. Reservations are lost if students do not show for their scheduled time during the first 15 minutes.
- More listings to come.