



Making a video résumé

First impressions count

- Your video résumé could be your first chance to impress an employer.
- Be confident on camera and dress like you would for an interview.
- Film your video in a quiet, well lit area. Make sure you have the right technical tools to help you make a professional video.
- If you are creating a video in response to a job ad, address any technical or skills requirements the employer has specified.
- Search online to find advice and tips on how to make a quality video résumé.

Be aware of unconscious bias

- It's possible that a video résumé may result in unconscious bias by an employer.
- This is because a video supplies information about you that you wouldn't include in a paper résumé. This includes your gender, age and ethnicity.

Firewalls and blocks

- Some businesses could have internet firewalls that block particular websites, for example, YouTube. Or they might not have the right software to be able to view your video.
- Think about the size and format of your video. Depending on an employers' internet speed, it may take some time for your video to download.
- If it's too hard for employers to view your video résumé, they won't watch it.

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