**Preparing for an online or phone interview - transcript**

0:00 A lot of employers interview online or over the phone.

0:03 If you aren't used to these type of interviews,

0:05 there are some simple things you can do to prepare.

0:08 My top tips? Check your tech beforehand.

0:11 Do a test run with a friend or family member.

0:14 Find a quiet place for the interview.

0:16 And if you are on video,

0:18 make sure the background is professional

0:20 and isn't too distracting.