

Video CVS

Video CVs can be used instead of a paper-based CV, and can be very effective, particularly if you are looking for work in the media. They give the employer an immediate impression of you, and allow you to showcase your creativity, humour, and technical abilities (filming, editing, music composition or sound).

1. Dress to impress! Just as you would for an interview, dress your best to give a good impression.
2. Write a plan, and memorise what you can. It's fine to have notes as a cue (newsreaders do!) but don't read them straight off your notepad.
3. Introduce yourself! At the end, include your contact details.
4. Think about the background that is in shot. Don't stand in front of dirty washing, a wall full of posters, or other potential distractions.
5. Record it in a quiet environment.
6. Showcase your portfolio of work. This could be through a slideshow, showing a clip of your work, or a screenshot of your website.
7. Tell a story! Make sure your video has a beginning, middle and an end.
8. Think of 3 unique selling points that you want to get across, and be sure to include them.
9. Watch it back, and edit out anything that doesn't put you across in the best possible way.
10. Free online tools and hosting: [Meet the real me](#) and [Video Recruit](#).

Here's a [good example](#) and a [not-so-good example](#).