You’ve heard it said so many times. Making an excellent first impression is essential for a strong interview. This includes your appearance, your timeliness, and the strength of your communication—your interview skills!

Who really gets the job? The best qualified? The smartest candidate? Not necessarily! Most of the time, it’s the person who is able to best sell his or her skills to employers in a professional and effective manner.

Before heading into your next interview, spend 30 minutes using our newest technology: InterviewStream! You can use this technology on or off campus.

**Own Computer**

- If you are using InterviewStream, you will need a webcam for your computer. Also, check the other requirements needed on the technical support page below.
- You will need your ONID email address.
- To get started, follow instructions given to you in class (or available on Blackboard) on How to Use InterviewStream and follow the steps.

**Computer in Career Services**

- Contact Career Services at 541-737-4085 to schedule an interview room (30 minutes maximum) which has all technical equipment necessary to use InterviewStream. Career Services is located in Kerr Administration Building B008.
- You will need your ONID email address.
- To get started, follow instructions given to you in class (or available on Blackboard) on How to Use InterviewStream and follow the steps.
How to use InterviewStream

Step 1: Sign in-Welcome!

1. Go to oregonstate.edu/career
2. Log in to Beaver JobNet on the right hand side using your ONID username and password.
3. After signing in click on “Log-in to InterviewStream” located on the right side under RESOURCES.
4. If you are having trouble signing in go to the Career Services front desk for assistance.

Step 2: Get Ready for an Interview

1. Click on “Conduct Interview.”
2. Choose a set of interview questions or create your own set.
3. Select the camera and microphone devices you will be using and click on the “Test” button.
4. Click on “Allow” and eliminate (X) the gray box that follows.

Step 3: Conduct an Interview

1. Click “Continue” to begin the interview process.
2. The interviewer will ask you a question. After 3 seconds (there is a countdown), the webcam will start recording automatically. You won’t see yourself recording your answer.
3. Note: You are allotted 3 minutes to answer each question.
4. Look into the camera so you will see yourself as the employer would see you. You may need to move your chair back from the computer screen so the camera can capture your body posture, how you’re sitting in the chair, along with your facial response. Click anywhere in the window to end the recording.
5. Click “Review” to review your interview, “Retry” to retry the same question, or “Continue” to go onto the next question.
6. Note: When you finish your entire interview, you will receive an email confirmation message.

Step 4: Review Your Interview

1. Go to the home page where you logged on and click “Watch Interview.”
2. Click on each question to get the response. Record filler words using the “Umm”, “Like”, “I mean”, “You Know” calculator.
3. After viewing the interview, click on “Assessment” and fill out a self assessment of your interview.
4. If interested you can have someone else assess your interview. Click on “Assessment” again and click “Invite a user to assess this interview” – type the email addresses of the person(s) you want to evaluate your interview. Write a brief note in the “message” section and then send.

YOU ARE FINISHED!