

VIRTUAL INTERVIEWS - THE NEW NORMAL

TIPS TO PREPARE YOURSELF FOR SUCCESSFUL ONLINE INTERVIEWS

During the peaks of COVID, the necessity for virtual meetings including job interviews became prevalent. Since then, with the ongoing evolution and accessibility to technology, employers in all industries including healthcare and social services continue to use virtual meetings as part of the interview process. Following are some tips to help you prepare to showcase your best self and get the job you want!

BEFORE THE INTERVIEW

- Do a technology check, and if possible rehearse a call using Zoom, Teams, or whatever software is being used for the meeting. Test your camera and microphone to make sure they are working properly.
- Make sure you have a strong and reliable internet connection.
- Prepare a private space with good lighting safe from distractions, and ensure that the background is free of clutter (no one wants to see clothes on the floor or an unmade bed behind you). If this is not available in your home, you are always welcome to book space in advance at one of our campuses.
- Dress appropriately professional; just as you would for an in-person meeting.



DURING THE INTERVIEW

- Watch your body language. Sit tall in your chair and don't slouch.
- Maintain eye contact, looking into the webcam when you talk.
- Stay focused, and show that you are paying attention through visual cues like nodding and smiling when appropriate to do so.

ENDING THE INTERVIEW

- Thank the interviewer for their time, and confirm that they are finished before leaving the meeting.
- Double check to make sure you have exited the meeting, and that your camera and audio are off before stepping away from your computer.
- Just as you should after an in-person meeting, follow up with an email thanking them for their time and making yourself available to answer any further questions they may have.

Drake Medox College alumni receive life time free guidance with job search and interview preparation. Call either campus to set up a consultation with our Career Counsellor.

IT'S GETTING HOT OUT THERE - STAY SAFE

As temperatures are rising, it is important that you take extra measures to avoid heat exhaustion in the workplace. Here are some tips offered by SafeCare BC

- **Wear loose, lightly colored, and lightweight clothing**
- **Drink LOTS of water**
- **Take micro-breaks often throughout the day**
- **Be aware of the signs of Heat Exhaustion & Heat Stroke**

Heat exhaustion can accelerate into heat stroke which may include dry skin that doesn't sweat, delirium, loss of consciousness, trouble breathing, low or high blood pressure, or seizures.



Drake Medox College was honored to host 40 **Health Career Access Program(HCAP)** students who recently achieved their diplomas, and have moved on to become fully certified and employed HCAs.



This group was lucky to have one of our best instructors to train and mentor them throughout their educational journey. Here is an excerpt from a speech delivered by Anita, one of these students during her VCH graduation celebration....

"I would like to emphasize the role of our exceptional instructor at Drake Medox - Ms. Rona. I would have quit in the second month if it was not for her. I have seen many instructors during my years of education. What made her so outstanding? It was her unique way of teaching us how to develop a healthy passion for our job, which is caring for people in need with our hearts and minds. She did not just focus on the skills and techniques during her classes. Ms. Rona taught us how there is a gem in every human being, no matter in what stage of life they are."

VISIT US @ GUILDFORD MALL- AUGUST 26,27,28

Our team will once again be at Guildford Mall in Surrey in August to connect with shoppers during the busy back-to-school season. You will find us on the lower level just outside of H&M. Drop by to say hello, and to enter our Scholarship draws!!

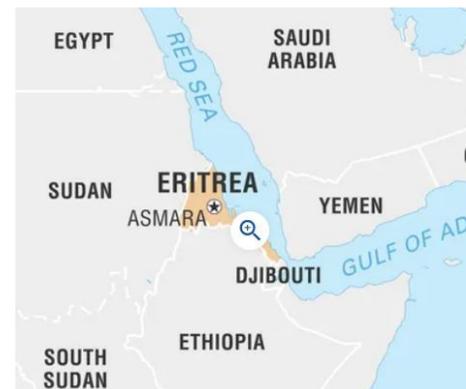


ERITREA - DERIVED FROM GREEK MEANING RED SEA

Drake Medox students originate from many countries throughout the world. We have had a number of students from **ERITREA**, a country in the Horn of Africa, located on the Red Sea.

HCA student **Fthawit Berhe** is very proud to be Eritrean because she says her people are *"always there for each other no matter what."* The country has had a long struggle for international recognition as a sovereign nation, which is likely why Eritreans are so resilient!

If you would like to say hello to one of your Eritrean peers in one of their nine official languages Tigrinya, you can say: *"T'Ena y'habeley"*



FTHAWIT BERHE - HCA STUDENT