

Video Presentations:

If this is your first time being in front of a video camera, it can be challenging to make a video. It is not as easy as it may seem at first glance; so take your time.

Please read the following video instructions prior to beginning your project. The instructions will help to eliminate many of the small and large mistakes that people make who are unfamiliar with the creation of a video presentation.

- Write each script, theme, discussion, act, or presentation completely. Then rehearse in front of a mirror until you feel comfortable prior to recording. Don't be surprised if this process takes more than a few attempts before you feel comfortable performing the task and before you are able start video recording.
- Critically evaluate your recording, **the sponsor will.**
- **Ask yourself:**
 - Did you review the sponsor's hints/suggestions?
 - Does your video meet the sponsor's TIME requirements?
 - Does your video meet the subject matter requirement?
 - Is the audio clear? (This is a critical review)
 - **Ask yourself:**
 - Does the audio flow from beginning to end
 - No poor speech, stuttering, stammering, or long pauses
 - Do not have anything in your mouth while speaking, or hands in front of your mouth.
 - No inappropriate language, no slang/jargon etc...
 - **Ask yourself:**
 - Is the video clear?
 - Body gestures (appear comfortable) - No meaningless arm waving, abrupt or jerking hand movements, bad posture, hand gestures.
 - Do not put your hands in your pockets, confusing head movements, or too nervous blinking.
 - **Ask yourself:**
 - Does the written material flow well?
 - You may have presented the material, but ask yourself:
 - Does the video sound **NATURAL**?
- Can my project be done better? (Time permitting, before the deadline?)
- Have the project critically reviewed by a **NEUTRAL** person before submission
- Prior to up loading the video ensure it meets the sponsor's online security requirements. Also, follow all "online" provider security requirements.
- **FINAL STEP** Up load video