Online Video Submission Tips

You'll have three opportunities throughout the year to submit videos for your small group and Shannon to view and critique, which will be an incredible growth experience! How the process works is:

1) You create the video yourself (see practical tips below), post it at www.vimeo.com (or other video hosting site), and submit via the Class Forum by the due date indicated on the assignment calendar.

2) Every class member will watch their own small group members' videos, and then complete an anonymous online survey to provide constructive feedback. Shannon will also watch each video and complete the survey.

3) A compiled report of each class member's survey results will be emailed to you within a month after your group members complete them. Shannon's comments will be noted as **From Shannon:**

4) Please don't underestimate the power of critiquing other people in your own learning process! The more feedback you give others, the better speaker you'll become. And it's unfair to expect your small group to critique yours & provide feedback unless you're willing to do the same for them.

Here are some tips to help you submit the best possible speaking samples:

1) Try to use an actual video camera instead of a webcam. Just sitting at your desk staring into your computer doesn't give you the best option to present yourself well in front of an audience.

2) Whenever you can, assemble an actual audience – even just a small one of 3 or 4 people. You speak very differently in front of living, breathing human beings than you do in front of a video camera alone. It's actually much easier to speak in front of an audience than into a camera, and you'll feel empowered to show more energy in presenting your message!

3) Stand up to speak instead of sitting down. Sitting causes you to relax and use fewer body movements. Standing shows more confidence and enthusiasm for connecting with your audience.

4) Pay attention to the background and lighting of your video. Create a visually pleasing background before you begin taping, and make sure the lighting isn't too dim or too bright.

5) Minimize background noise so that you come across loud and clear.

6) Please keep your submissions to no more than 5-6 minutes.

We look forward to watching you in action and providing helpful feedback!