



Video Worksheet

1. Identify the knowledge and skill areas in which you are especially strong right now.

2. How did you gain that knowledge and become strong in those areas? What lessons (in school and outside of school) helped you build those strengths?

3. Is there anything in your past that you would do differently, now that you have that knowledge?

4. Imagine yourself in a career some time in the future. How will the knowledge and skills you identified in question 1 allow you to be successful in that career?

5. How would you describe the lessons you've learned to a younger person? Can your knowledge help them reach their own goals?

6. How will you use your knowledge, skills and experience when you face challenges in the future?

It will help to talk about things you're excited about, since this activity will give you a lot of opportunities to think about the details. Your goal is to share that excitement with others.



Film-making Tips

These days, the sky is the limit when it comes to shooting a movie. We've gathered a few simple tips for movie-making, but they're just suggestions. Some movies succeed because they break the rules! If you do decide to go the experimental route, be sure you have a good reason for doing so.

- The best tip is to have a clear goal for your movie: What are you trying to say? Completing your worksheet will help here.
- Plan each shot before shooting so you know what you're doing.
- Try to eliminate background noise as much as possible.
- Keep the background simple: you don't want any distractions.
- Look at the light for each shot. Is it interfering with the shot? Helping make the shot?
- Include details that help make your point. Little things can make a difference!
- Remember the five Ws: who, what, when, why, where.
- If you have other people in your movie, talk to them to make them comfortable before shooting.
- If it fits with your story, consider using music to create a mood.