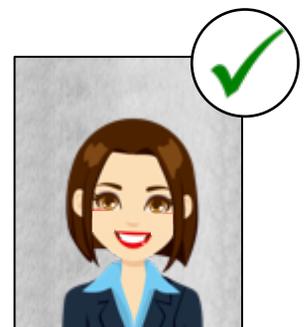


GENERAL GUIDELINES

Shoot your video on a tripod using a device of your choice, as an option use other stable objects like a table if you don't have a tripod.



Make sure you face light source if you're recording indoors so that your video is not dark.



Record against a solid background to eliminate background distractions. As an option you can blur your background. Make sure there's no background noise or music.



Dress in professional business attire, just as you would for an interview. Look directly into the camera and remember to smile.



Keep your video short, no more than 2 minutes in length.
Don't speak too quickly.
Don't mix your personal life with your professional life.
Stay focused on how you can add value for the company.



SCRIPT TEMPLATE

VIDEO RESUME SCRIPT (SOME INTERNSHIP EXPERIENCE)

Hi there! My name is **(XXXX)**, and I'd love to take a couple of minutes to tell you why hiring me as your **(Position name)** will benefit your organization.

I hold a **(Qualification name)**, with a major in **(XXXX)**.

My coursework has provided me with a strong foundation in **(Skill set)**

In the last two years, I've been able to augment my education with hands-on experience, attained through two previous internships **(List internship experience)**. In my first internship, I focused on **(XXXX)**.

My second internship at **(Company name)**, I was responsible for **(XXXX)**. Along with my **(XXXX)** skills, I've worked with a diversity of people in a range of roles, so I'm a true team-player. My supervisors have all praised my relationship-building and communication skills.

Finally, I simply love **(Profession name)**. I love making an impact and seeing the change for the business. I'm dedicated and passionate, and I guarantee that you won't regret hiring me. Thanks so much for taking the time to listen.

VIDEO RESUME SCRIPT (SOME WORK EXPERIENCE)

Hello. My is **(XXXX)** and I would like to take this opportunity to tell you a little about myself. I earned my **(Qualification name)** from **(University name)**. I am personally very passionate, very attentive and extremely motivated in work and in my personal life. My experience is in **(XXXX)** , **(XXXX)** , **(XXXX)** and **(XXXX)**.

Currently, I am the **(Field of work)**. I am responsible for **(List duties)** . I also engage in a multitude of other essential roles. For example **(List duties)**. My supervisors and co-workers always say that I am the most multi-talented person in the office. I excel at **(Specify strong skills you have)**.

I bring commitment, great enthusiasm, creativity, and a positive outlook to everything I do in and outside of work.

You can find more information and my example work by visiting my website at **(XXXX)**

Thank you for watching and I look forward to meeting with you in the near future.