



Mayfield

## Mayfield School Careers Video Programme

### Recording your careers video

How quickly we have become, if not quite experts, at least quietly proficient in presenting via video and platforms such as Teams or Zoom. However you may still find the following tips useful when you are putting together your careers video, particularly with regard to video content and quality.

### Overview

- The video should be 5 to 8 minutes' long and no longer than 10 minutes.
- Only submit fully edited videos.
- The majority of your viewers will be aged 14 to 18 so please explain any sector- or job-specific jargon or technical language.
- Do not give out any personal details or contact information.

### Video content – please include the following:

1. Introduction - including your name, title of current role, employer and industry sector
2. Brief personal overview of your career eg. A Level subjects, degree (were they relevant/helpful/necessary or not?); first job in this area; career progression
3. What attracted you to your career?
4. What training did you require?
5. The best and worst things about your job?
6. What transferable skills do you use regularly in your job / are most highly valued in your sector?
7. How diverse is the profile of the workforce in your career area?
8. Salary range and benefits in your career?
9. What has surprised you about your career?
10. How do you deal with setbacks in your career?
11. Best route for others to take to get into a similar role as you?
12. Ways for students to investigate this careers area further?
13. Things you wish you knew as a Sixth Former / Key bit of advice to your younger self?

### Technical & Recording tips

- Plain/tidy/professional background. This can be blurred if you wish. If appropriate and safe to do so, feel free to film in your work place.
- Film in landscape rather than portrait.
- Use a tripod or laptop stand to avoid camera shake.
- Record in a quiet environment, close to the device so you can be heard clearly.
- Face into the light, or have lights around your camera/laptop, so your face is not hidden by shadow.
- Standing to record can result in more a lively and energetic presentation, while sitting can create a more intimate atmosphere.
- We can accept videos in the most formats eg. .wav, .mov, .mp4
- Please include the attached consent and tag form when you send the finished video.
- Send your video (up to 2GB) via WeTransfer, Dropbox or similar to [aglubb@mayfieldgirls.org](mailto:aglubb@mayfieldgirls.org)