Instructional Video Design Worksheet

One worksheet per video. If creating a micro-video series, use one worksheet for each video in the series.

Title of Video and Topic: How to Have a Successful High School Experience

___ Micro-video Series ___Tutorial ___Training ___Screencast _**X**_Presentation/Lecture

Grade or Target Age Group Level: 8th Graders, going into Highschool

Video Duration *(Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes)*: 4:35

FCCLA Integration *(National Programs, Competitive Events, Meetings/Events, if applicable)*:

National Programs: Community Service and Stand-Up

Competitive Events: Leadership, Teaching Strategies, and Technology in Teaching

Video Learning Objective(s):

- Students will analyze how extracurricular involvement supports personal and academic growth
- Students will evaluate how participation in a variety of school programs contributes to personal development
- Students will reflect on how building trust and respect with others enhances their school experience
- Students will reflect on how positive behavior contributes to achieving personal goals

National Family and Consumer Sciences Standards (or others as appropriate):

Area of Study 4.0
Education & Early Childhood

4.2.5 *Analyze strategies that promote the growth and development of children, youth, and adults.*

4.3.2 *Implement learning activities in all curriculum areas that meet the developmental needs of learners.*

4.5.3 *Demonstrate interpersonal skills that promote positive and productive relationships with learners.*

4.5.4 *Implement strategies for constructive and supportive interactions between children, youth, and adults and their families and communities.*

Career Readiness Practices (Select all that apply):

- □ Act as a responsible and contributing citizen and employee
- □ Apply appropriate academic and technical skills
- □ Attend to personal health and financial well-being
- □ Communicate clearly and effectively and with reason
- □ Consider the environmental, social, and economic impacts of decisions
- □ Demonstrate creativity and innovation
- □ Employ valid and reliable research strategies
- □ Utilize critical thinking to make sense of problems and persevere in solving them
- □ Model integrity, ethical leadership, and effective management
- □ Plan education and career paths aligned with personal goals
- □ Use technology to enhance productivity
- □ Work productively in teams while using cultural global competence

Materials Needed to Create Video:

- **Camera**
- **Tripod Stand**
- **Video Maker (Canva)**
- **Images (Instagram, all approved)**
- **Audio Recording (Phone)**
- **Computer**

Instructional Strategies: Integrating Videos featuring students showing enthusiasm, motivation, and commitment can inspire others to do the same.

Key Topic/Step 1: Extracurriculars

Timeframe: 1:16-2:05

Storyboard/Scripting (media/images/notes):

Video Introduction of Extracurricular Topic:
There are 5 major benefits of joining an extracurricular activity in high school: it provides leadership opportunities, enhances teamwork, develops time management skills, builds confidence, and increases academic performance.

Voice Over of all the Pictures in the Friendships in High School Topic: Extracurriculars like sports, fine arts, and clubs are a great way to meet people who share your interests and form meaningful friendships. Being part of a group, especially one that competes or travels, can create strong bonds and lasting memories with your teammates. Getting involved in these activities helps you grow personally and prepare for the future. They teach leadership skills through roles like team captain, encourage teamwork by working with others toward a common goal, and improve time management as you balance responsibilities. Extracurriculars also build confidence as you accomplish goals and discover your strengths. Plus, they can boost your grades by

keeping you motivated and focused. In the end, they're a fun and rewarding way to learn, connect, and succeed in high school.

Background Music: Download Free Copyright Music, from Chosic "Give Me A Smile"

Images for Extracurricular Topic: Sourced from Instagram, with approval obtained from each account owner.

Key Topic/Step 2: Friendships in High School
Timeframe: 2:05-2:52
Storyboard/Scripting: (media/images/notes):

Video Introduction of Friendships in High School Topic:
"Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything." said by Muhammid Ali
Voice Over of all the Pictures in the Friendships in High School Topic: Friendship is built on trust, care, and support. True friends stick with you through good and bad times, sharing moments and creating lasting memories. They offer comfort, encouragement, and a sense of belonging, making tough times easier. In high school, friends shape your experience. This is when people show who they truly are, so choose friends who share your values and bring out your best. Positive friendships boost your confidence, keep you motivated, and help you grow. Good friends guide and lift you up. They help you make smart choices, avoid bad influences, and celebrate your successes. The right friends support you during challenges, remind you of your worth, and make high school more rewarding while setting you up for future success.
Background Music: Download Free Copyright Music, from Chosic "Give Me A Smile"

Images for Friendships in High School Topic: Sourced from Instagram, with approval obtained from each account owner.

Key Topic/Step 3: Academics and Attendance
Timeframe: 2:52-3:33
Storyboard/Scripting (media/images/notes):

Video Introduction of Academics and Attendance Topic:
Malcolm X once said, "Education is the passport to the future, and attendance is the stamp that gets you there."
Voice Over all the Pictures in the Academics and Attendance Topic: Even if the school feels pointless, showing up and trying your best can shape your future more than you realize. Do you want to look back after graduation and feel like you wasted four years? Probably not. Students who attend regularly tend to get better grades and succeed more often.
Going to school daily builds discipline, responsibility, and habits that help in college, work, and life. It also keeps you on track with assignments, helps you understand lessons, and lets you connect with teachers and friends.

High school is your chance to prepare for success. Skipping class might seem easier now, but it won't help you reach your goals. Show up, stay focused, and make the most of it. You'll thank yourself later!
Background Music: Download Free Copyright Music, from Chosic "Give Me A Smile"

Images for Academics and Attendance Topic: Sourced from Instagram, with approval obtained from each account owner.

Summary/Ending (summary of key learning, next steps for the viewer, and call to action for the viewer)**:**

Summary of Learning: A successful high school experience involves setting clear academic and personal goals, staying organized, participating in extracurricular activities, building strong relationships with peers and mentors, and learning from challenges to foster growth and success.

Next Steps: After sharing the video, ask for feedback from students and staff to see if the message worked. Use their responses to improve future projects and keep encouraging students to explore, find friends, and achieve their goals.

Call to Action: Our call to action for this project is to inspire students to take charge of their high school experience through goal setting, involvement, and personal growth.

Application or Assessment of Learning: Viewers will be able to apply strategies for a successful high school experience, set personal goals, and evaluate their progress. They can reflect on their academic, social, and extracurricular growth and share insights with others.

Source (If Applicable: cite any published or copyrighted materials used in this video):

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Mazur, Oleg. "Creative Commons — Attribution 3.0 Unported — CC by 3.0." *Creativecommons.org*, 15 Oct. 2019, creativecommons.org/licenses/by/3.0/deed.en_US.

Additional Notes: