Project Title: Elevator Pitch Video

Project Category: Independent Professional Growth

Objective: Create a 60-second video introducing yourself in a professional and confident manner. This project helps you build self-awareness, communication skills, and a go-to pitch for future networking opportunities or interviews.

Step-by-Step Instructions:

Step 1: Understand What an Elevator Pitch Is - An elevator pitch is a short, persuasive summary about yourself. - It should be professional, personal, and memorable — something you could share during a job fair, introduction, or internship interview.

Step 2: Outline Your Pitch Use this structure to draft your script: 1. **Greeting** – "Hi, my name is…" 2. **Background** – School, grade, major or area of interest 3. **Experience** – What kinds of work you've done (school clubs, volunteer work, internships) 4. **Skills/Strengths** – What you're good at or what people can count on you for 5. **Goals** – What you're working toward (career path or educational goals) 6. **Closing** – "Thank you for listening" or "I'd love to learn more about your organization"

Step 3: Write and Practice Your Script - Keep it between 100–150 words (or about 45–60 seconds). - Read it aloud several times and tweak it for flow and tone. - Practice in front of a mirror or record audio to hear how you sound.

Step 4: Record Your Video - Find a quiet place with good lighting and a clean background. - Dress professionally (as if for an interview). - Film using a smartphone or laptop camera. - Speak clearly, smile, and make eye contact with the camera.

Step 5: Review and Edit (Optional) - Watch your video. Is your tone confident? Do you speak too fast or too slow? - Edit using basic video tools if needed (trim, add your name as a title screen, etc.). - Ask a teacher, mentor, or peer to review and provide feedback.

Step 6: Submit and Reflect - Submit your final video as a shared link or file. - Write a short reflection (3–5 sentences) on what you learned about yourself through this process.

Deliverables: - 60-Second Elevator Pitch Video - Written Script - Optional: Reflection Paragraph

Estimated Timeline: 1 week

Skills Practiced: - Public speaking and communication - Self-awareness and goal setting - Writing and editing - Professionalism and presentation