

CAREER READINESS VIDEO Instructions

Thank you for participating in this valuable experience for our students.

Please use a device to record a video that is at most 10 minutes in length.

When recording, please remember the following:

1. Chose a background that is not too busy and which does **not** emit light (like a window).
2. Set the camera on a steady surface and at the appropriate angle.
3. The further away you are from the camera the louder you may have to speak.
4. Eliminate/limit surrounding sounds (turn off your cellphone).
5. Have someone readily available for your signal to stop the video.

For the video content, we recommend the following:

1. Give your name and year of graduation if you are a Charger.
2. Give the positions/titles you have/had, the names of the companies you work(ed) for and the approximate numbers of years associated with those jobs.
3. Give an overview of what you do/did, including perhaps what an average day was like.
4. Talk about your degree/training.
5. What were your biggest challenges in getting to where you wanted to be?
6. How much did you have to work and sacrifice to establish yourself?
7. What do you need to be good at to do what you do/did? What skills are required?
8. How did you see yourself in high school versus how you ended up, career-wise? How did you become interested in your career?
9. What is the salary range for people in your profession?
10. What advice would you give someone interested in pursuing your profession?
11. Please end with a word of encouragement, best wishes and, if you are open to it, an invitation to communicate offline regarding your career.

(With the exception of the first four bullets above, you do not have to address all of these suggestions. It is important that you keep your video to 10 minutes.)

Please submit your video to Tony Quattrochi using the file sharing platform, **Dropbox***. Please upload your video as soon as possible as the school year will be ending before long. Use tquattrochi@stjoeshs.org to alert Tony of your submission.

If you are willing to create a video, but are not comfortable with submitting the video using a file sharing platform, please contact Tony Quattrochi at tquattrochi@stjoeshs.org.

Thank you for your time!

** A **Dropbox** Basic account is free and includes 2 GB of space. You just need to create a login, using a valid email address, and password.*