

Volunteer Video Guide

You have been selected as a fantastic role model and inspiration for others. We would like you to record a video of yourself (**ideally no longer than five minutes long**) to encapsulate your invaluable experience.

Please keep your vocabulary simple, child-friendly and easy to understand.

Please refer to these Key Skills which we believe everybody needs to be proficient in, in order to achieve their goals!



Please speak in first-person when taking us through your journey.

Please feel free to use the prompts below.

- What is your job and what does it involve?
- Why did you pick your job? What stood out to you when applying for your job role?
- What was your favourite lesson at school and did this influence you in your career path?
- How have the subjects you studied at school helped you in your career? For example, do you use Maths, Science, English, Geography, History, Art, Languages etc. in your job?
- What did you wish to become growing up?
- Did you change your career path? Is it okay to change paths?
- What skills and qualifications did you need to get your job?
- Did you go to college/university? Did you do an apprenticeship or other training?
- Where does your job take you? Have you travelled for work or do you work across different locations?
- What is your working day like?
- What is interesting about your job?
- What is the most rewarding aspect of your job?
- Do you work independently or in a **team**? Is **teamwork** important in your job?
- Do you use **creativity**?
- How do you **present information, listen** and effectively **communicate** with others?
- When do you use **leadership** in your job?
- What do you find challenging? How do you **problem solve** and **stay positive**?
- Why is it important to always **aim high**?

You may find the below script useful - simply fill in the blanks:

Hello, my name is _____.

I would like to share my Career Journey with you to inspire and motivate you all to follow your dreams!

I work/have worked as _____ and I work from _____ (**home/an office/outdoors/anywhere else**)

I chose to work in this job because _____ and the reason I applied for this role was _____.

My favourite lesson at school was _____ and growing up, I wished to become _____.

The things I learnt at school helped me _____. In particular the things I learnt in subjects such as _____ and _____ really help me to do my job.

I have worked as _____, _____, _____ and **have / have not** changed career paths. This is because _____ and that's perfectly fine as you learn through experience. (**please adapt as necessary**)

The skills and qualifications needed in my role are _____ and the skills that are important in my job are _____.

My job has taken me across the different sites/ UK / Europe/World-wide (**please expand**) I meet lots of different people and this is important because _____

My working day begins at ____ and finishes at ____ with breaks every ____.

What's interesting about my role is _____!

I work independently/in a team _____ (**please select one or both as necessary and expand on this**).

Teamwork is important in my role as _____.

I use creativity in my role to _____.

I effectively communicate with others using _____ (**customers/meetings/Skype/e-mails/ calls**)

I use my leadership skills when I _____.

The most rewarding aspect of my job is _____.

I find _____ challenging, but I overcome this by _____, problem solving and staying positive.

It is important to stay positive and aim high, especially when times get tough because _____

I never stop learning! I continue learning new knowledge through _____.

Top Tips for Recording a Video on your Smartphone

1. Shoot Horizontal Video

Vertical video does not translate well on other devices. Computer monitors, televisions and websites, all have landscape-oriented displays. Please therefore turn your phone on its side and record horizontal footage.

2. Don't use digital zoom

The zoom feature on most smartphones just enlarge the picture digitally reducing the image quality and making it pixilated. Some advanced phones have an optical zoom to avoid this, however the safest option is to simply move closer to your phone.

3. Lighting

The flash or LED lights on smartphones are too bright and can easily skew the colour temperature of the video. Also, video will often still come out poorly lit in the end. The best source of light to use is daylight. Natural lighting looks great in almost every instance. If you want to record at night, find a light source that can be directed onto your face such as a lamp. Always face toward your light source. Never have the window or light source behind you or else you will be left with a silhouette.

4. Audio

Recording audio directly from your phone's built-in microphone should suffice but make sure you are close enough for you voice to be clearly picked up. Removing your phone from its case can sometimes improve the audio pick up as some phone cases have the effect of slightly muffling the phone's microphone.

5. Clean Your Lens

An easy, but important final tip is to clean your lens before you start. Your lens will often get dirty, which will produce a blurry video. The best way to clean your lens is with a microfibre cloth.

Thank you so much for sharing your Career Journey and supporting Learn by Design in raising the aspirations of children and young people.