

CAREER VIDEO CONTEST QUESTIONS

Through your film answer these 15 questions as succinctly as possible.

1. Please introduce yourself
 - First name (no last names necessary)
 - Job and or specialty
 - Years employed at job
 - State and/or city where you work
2. In terms that I [or anyone] can understand can you tell me what YOU actually do?
3. So, what is a typical day really like for you? (i.e. chronological activities and percent of time spent on them)
(This can be boring so please try to spice it up with “little known facts” or “revealing” insights?)
4. What are the coolest most interesting things you do? (What do you love about your job?)
5. What are the dullest and least appealing things you do during your job?
6. So why did you become a YOUR JOB?
7. What’s been the most unexpected part of the job?
8. What kind of personality makes the best YOUR JOB and why?
9. What has been the most rewarding thing you have done in this job?
10. What has been the most difficult or disappointing experience in your job?
11. What have you learned about yourself and others through this job?
12. What compromises and tradeoffs have you made to be successful?
13. Starting out, if you knew then what you know now what would you have done differently?
14. What insider information could you offer someone interested in breaking into your field?
15. One minute overview.
(Can you please summarize everything we talked into one minute)?

Reminders for shooting your video:

- Zoom into your interview subject so their mid-chest is at the bottom of frame and the top of their head just below the top of the frame.
- Adequate light the subject (not back or side-lit).
- Use a microphone that does not pick up extraneous sounds (traffic, coworkers' voices, air-conditioners, machinery, etc.)
- Prompt the interview subject with further comments or questions during an interview (i.e. "How so?", "What do mean by that?", "Can you give me an example?")
- Ask interview subjects to look at the interviewer as opposed to the camera.
- Position the camera just to the left or right of the interviewer at eye level.

These simple steps can help maintain the quality and usefulness of your videos.

Video Requirements:

- Videos **MUST** be in (MOV) format.
- Each answer **MUST** be its **OWN CLIP**. (Do not answer two or more questions in a single video clip.)
- Each clip can be no longer than 3 minutes. Stay on point.
- Each clip can be no more than 1GB in file size.