



Self-Guided Activity

Me in a Minute

Craft a brief story that encapsulates who you are in a minute.

We encourage you to..

Create a minute video to describe “who you are” as a professional. It should be no longer than **1 minute (MAX 1:30)**. Being able to introduce yourself professionally is a powerful way to showcase **your personality, skills, and goals**.

By summarizing your experience you can leave a lasting impression and show what makes you unique.



LEARNING OUTCOMES

- Create a self-promotional video that can be included in your portfolio or LinkedIn profile
- Communicate your brand and identify quickly, clearly, and with maximum impact
- Select strong examples to illustrate your philosophy, skills and strengths.



WHILE WATCHING THE TUTORIAL

Ask yourself the questions below:

- How did the creator represent their work in relation to their major or field?
- What structure did they use to prioritize the most important information?
- Did their video effectively communicate their message?
- If you could give them suggestions, what would they be?

Instructions





INSTRUCTIONS

Step 1 - Preparation

Follow the guideline below to narrow down your ideas:

1. Introduce Yourself

- Start with your name and title
- Mention why you're interested in your field

2. Share Your Philosophy

- Briefly explain your philosophy and approach to your work

3. Highlight Your Strengths

- Showcase what you can do and your strengths
- Give us details about your work

4. State Your Goal

- Share your goal and vision for your creative future

Step 2 - Record your video

Record a video as prepared (scripted) in the step above. You can use a voice recording only or a video of yourself, depending on your showcasing strategy.

Step 3 - Editing Strategy

Explore various software such as Premiere Pro, After Effects, CapCut, and Canva (for simple editing) to complete your project.

- **Showcase Your Work:** Include strong examples of your work. Use visuals, animations, or clips that highlight your skills and achievements.
- **Add Titles and Taglines:** Use a short, catchy tagline or title that summarizes your professional identity and impact

Additional resources that will help you!

- **Interview Skills:** Learn how to present yourself confidently and effectively. [Interview Skills](#)
- **How to Present Your Portfolio:** Get tips on showcasing your work in a professional and compelling way. [How to Present Your Portfolio.](#)