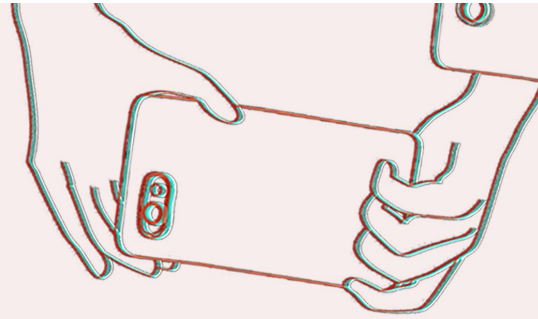


HERF FILMS

video
challenges



In Partnership with [Augustana College](#)

Video Challenge #2: “Me, My Strengths & I”

Autobiography Video Project

A Documentary About You

Me, My Strengths & I

After a quick online survey, you will learn your top character strengths and be guided through a video project to create a 1-2 minute documentary about you that shows how you embody those traits. You'll interview another person to see if they agree with the assessment and share how you can use your unique traits to make a difference - especially in this time!

Overview of the Project:

1. Understand the Importance of Character Strengths and Self-Reflection
2. Take the VIA Character Strength Survey
3. Create a video about you
 - a. Outline/Story Arc
 - b. Production Process

Part 1: The Importance of Understanding your Character Strengths!

Research shows that knowing your character strengths can:

- *Enhance your overall well-being*
- *Build your resilience*
- *Strengthen your ability to overcome problems*
- *Improve your relationships - because you can better understand others!*

Part 2: Learn about your own character strengths by taking the free online VIA Survey!

If you are 10–17 years of age, follow this link to take your VIA Survey:

<https://www.viacharacter.org/survey/account/register#youth>

If you are 18+ years of age, follow this link to take your VIA Survey:

<https://www.viacharacter.org/survey/account/register#adult>

Let's talk about what you'll learn from the VIA Survey!

- Each of the traits are *strengths*, some just stand out more than others
- You'll see a few traits with high scores – these are the strengths where you exhibit the strongest ability
- And a score of 16 or lower, means you have room to improve on this character strength
- You'll want to **reflect** on your traits and then take your top 2-3 traits and a trait that needs improvement and use these in your video!

Optional Learning! If you want to learn even more about yourself...

- Watch this [TedX talk](#)
- There are MANY Ted talks and some Ted Youth talks on Positive Psychology and Self that you can check out too! All you have to do is Google them.
- And take this additional [Free Big Five Personality Test!](#)

Part 3: Creating Your Video Project

1. Outline/Story Arc of the Project
2. Production Process
 - a. Pre-Production - Planning your video's script, shots & interview questions
 - b. Production - get tech tips and film your video
 - c. Post-Production - editing of your video

The 5 Scenes of Your Video Project

1. Tell us about you! Your hometown, year in school, hobbies etc!
2. Tell us about your character strengths from the VIA survey – you'll share top 3 strengths plus one you can work on!
3. Share a story about you that reinforces one of your top character strengths (can be challenging, humorous, etc.)
4. Interview family member(s) about your top character strength, do they agree with the survey results and why?
5. Wrap it up – summarize if the survey seems to be correct and how you are going to make a positive impact with your strength!

Pre-Production: Create Your Script

- The script is composed of ways you'll tell your story to the audience
- The “Script & Shot List” template (included on the following pages) will help guide you in script writing.
- Each section of your video is a separate scene. The scene #’s help us stay organized as to where we are at in the story.
- Within each scene you might use a combination of A-Roll
 - Stand Up
 - Voice-Over
 - Interview Footage (from your interview with your family member)
- Think of your A-Roll as the main sound/interviews/voices you hear.

What's A Stand-Up ?

A **standup** is a short introduction to your piece of content. You will film yourself or have someone help you film this. Your introduction should let your audience know what they will see and should have a solid beginning, middle and end!

EXAMPLE: "Hi, I'm Amy Calderone-Blommer from Rock Island, Illinois and...."

What is VO ?

VO/Voiceover

A voiceover is the voice we hear in your film.

You can think of a voiceover as a way to narrate your story.

1. Sometimes these can be done by you
2. In other films, you might hear someone (maybe a celebrity) doing a voiceover or narrating the film. Voiceover and narration is one in the same.

Script & Shot List Template

<u>Scene #</u>	<u>Overview of Scene</u> <i>(From the Outline/Story Arc)</i>	<u>SCRIPT</u> <i>(Dialogue)</i>	<u>SHOT LIST</u> <i>(The Visuals)</i>
1	Your introduction - Tell us about you! <ul style="list-style-type: none"> - Hometown, year in school, hobbies etc - Stand-Up Style 	Hi, I'm Amy Calderone-Blommer! I'm from Illinois and I love to run and teach filmmaking to young people!	
2	Your top 3 character strengths: <ul style="list-style-type: none"> - Tell the audience about your strengths - Tell the audience if you were surprised by these or if you think they're spot on - What did you learn about 	Honesty, Bravery.... (include in what you came up with during self-reflection)	

Continue with scenes 3-4-5

Scene #	Overview of Scene <i>(Outline/Story Arc)</i>	SCRIPT <i>(Dialogue)</i>	SHOT LIST <i>(The Visuals)</i>
3	Share a story of how you embody your top character strength <ul style="list-style-type: none">- Use a tangible example- Maybe it helped you through a challenge or some adversity- How do you use it?		
4	Interview a family member about your top character strength, do they agree?	interview	
5	Conclude the video and share how you'll make a difference with this strength		

Pre-Production: Create Your Shot List

- Once you've created your script, you then need to determine what visuals you'll need to tell your story!
- This is called "B-Roll"
 - Whereas your stand up and the interview is called A-Roll
 - B-roll is the visual content you see over what you hear
- B-roll Visuals
 - Maybe you'll use old baby pictures or take some new video to add to the story?
 - Maybe you'll use cool graphics ?
 - Or other ways to get creative?
- You'll add your Visuals into the "Shot List" column
- Visuals should add to your story!!

Script & Shot List Template

Scene #	Overview of Scene <i>(From the Outline/Story Arc)</i>	SCRIPT <i>(Dialogue)</i>	SHOT LIST <i>(The Visuals)</i>
1	Your introduction - Tell us about you! <ul style="list-style-type: none">- Hometown, year in school, hobbies etc- Stand-Up Style		Baby photos, childhood photos...farm photos as a kid, farm photo on the top of hay stack.
2	Your top 3 character strengths: <ul style="list-style-type: none">- Tell the audience about your strengths- Tell the audience if you were surprised by these or if you think they're spot on- What did you learn about yourself?		Graphics

Continue with scenes 3-4-5

Scene #	Overview of Scene (Outline/Story Arc)	SCRIPT (Dialogue)	SHOT LIST (The Visuals)
3	Share a story of how you embody your top character strength <ul style="list-style-type: none">- Use a tangible example- Maybe it helped you through a challenge or some adversity- Visual of how you use your strength?		Photo of you on the top of a mountain.
4	Interview a family member about your top character strength, do they agree?		Show some of interview photos/video/images Photos of you climbing mountain
5	Conclude the video and share how you'll make a difference with this strength		

Pre-Production: Develop Interview Questions

You need to interview a family member about your top strength (#4 in your Outline/Story Arc on slide 9)

1. Determine who you are going to interview
2. Develop 3-5 Interview Questions and type them up (so you can refer to them during your interview!)
 - a. What strengths do you see in me?
 - b. My top character strength is _____. Tell me about a time when you saw me display this strength.
3. Read this helpful article about [How to Conduct a Journalistic Interview](#)

Interview Tips

- Pick someone who you think will be interesting and have something to say!
- For this interview specifically, be sure to prep your interview subject on your project and tell them about the VIA survey and what your character strengths are (you want them to be able to speak to the ideas and they won't be able to do this without knowing your goals and what the project is about)

Shot Types

- Close-up - Imagine someone being interviewed and all you see on screen is their face. This is a close-up!
- Medium shot - Now imagine that same interview, except you can see the person seated in the interview chair from waist or chest up. This is a medium shot!
- Wide shot - Lastly, take that same interview and pretend that there's a large background that you want in your shot, so you have to take a few steps back to fit the background in the frame along with the person being interviewed. This is a wide shot!

Production – Time to Film!

Well – almost time to film! Before you roll camera...

1. Watch the Camera, Audio & Lighting tips videos for useful tips and techniques from Fresh Films filmmaker Josh Romero!
2. All videos are on www.FreshFilms.org/videochallenges
3. Try to follow the tips, but since this is documentary style filming, don't be too hard on yourself if it's not as perfect as you think it should be. It's okay! :)

Production – Now it’s Really Time to Film!

So grab your phone or tablet, or a personal camera if you have one. Then set up your shot, audio and lighting, and...

1. Film Your standup and any voice-over dialogue
2. Film Your Interview
3. Film any Broll or other visuals that help tell your story.
4. Also gather other shots (pictures etc) that also help tell your story.

PRO TIP: Film everything at least 2-3 times. This is called having multiple “takes” – which ensures you have choices when you edit your video. And if you goof up your standup or b-roll shot, no sweat. Take another “take”. You might also experiment by changing the camera angle or doing slo-mo, or other creative ways of film!

Post-Production: Edit Your Video!

The editing tutorials on our website will walk you through the steps to editing your video (on both computers and editing apps!)

1. Importing your footage and creating your editing timeline
2. Cutting your video, adding B-roll and transitions
3. Adding graphics and music
4. Exporting
5. Upload to YouTube and share link on your Video Challenge entry!

Need more help? Have a question? No problem!

Join this [Google Hangout Video Call](#) at any of the following times to get any help you need on your video production!

Tuesdays: 2pm PT, 4pm Central, 5pm ET

Wednesdays: 2pm PT, 4pm Central, 5pm ET

Thursdays: 2pm PT, 4pm Central, 5pm ET