

# Video Statements

URF's helpful tips for fellowship recorded video statements

## Overview

Many fellowships request that applicants upload a video statement. Directions may vary by fellowship, and you are welcome to contact URF to discuss the content of your statement. These tips are designed to help you make a start on an excellent video statement that will complement your candidacy.

## Top tips for a successful video statement

<b>Plan what you want to say</b>	<p><b>The best video statements are planned in advance</b></p> <p>Write out your ideas for the statement. While you may not wish to read these during the video itself (keep eye contact with the camera!), you can practice speaking through your ideas, and ensure they are well-organized and meet the appropriate length of video.</p> <hr/> <p><b>Practice your statement (but keep it exciting!)</b></p> <p>You want to sound excited, engaged and animated, and that can be hard to do after practicing your pitch for the billionth time. On the other hand, you want to avoid rambling, thinking on the spot, or sounding unpolished. Try to strike a balance between these two ends of the spectrum! The nice thing about the video medium is that you can compare different versions, and pick the one that you think is best.</p>
<b>The video content should showcase your</b>	<p><b>Content should complement the rest of your application</b></p> <p>When choosing how to answer the questions posed, think about examples that highlight the qualities you would like the fellowship selection committee to see in you. This is a great opportunity to share something you were not able to touch on in the application</p>

<b>candidacy</b>	(you don't want to repeat yourself!). Overall, the video statement is largely a way to get to know you better, so remember to be yourself.
<b>Follow all directions given</b>	<p><b>Follow the directions <i>carefully!</i></b></p> <p>Do not go over the time limit, even by a few seconds. Some selection committee members may be evaluating your abilities to follow guidelines, and by keeping to the time limit, you are showing your respect for these guidelines, and your attention to detail.</p>
<b>Project a professional image</b>	<p><b>Pick a professional background or backgrounds</b></p> <p>Videos vary - you may be sitting at your desk, or filming yourself in New York City. Either way, check the guidelines for your video statement, and ensure the background adds to the quality of your video (or at the least, stays neutral and doesn't distract from your statement).</p> <p><b>Dress the part</b></p> <p>A video statement has some points in common with a video interview. Dress professionally, or in a way that indicates that you take this opportunity seriously.</p>

## The best videos have...

### Clear audio and high image quality

Ensure that your chosen video location allows for crisp, clear audio and high image quality. This comes across as professional, and ensures all listeners hear your great ideas and see you explain them! Record yourself, and watch the recording after uploading it to a computer, to ensure the high quality is reflected in the version the selection committee will watch.

### ...but you don't have to be a video editor to make a successful statement!

The fellowship to which you are applying is not testing your ability to produce a music video-quality clip. Focus your effort on the content, and effectively communicating it.

## To sum it up...

	Choose content that complements your candidacy for this specific opportunity
	Plan out what you want to say and do some test runs
	Don't make the video overly complicated
	Carefully follow all guidelines given by the selection committee

