



Age Categories:

One winner will be chosen in each age group.

Group 1: grades 3-5

Group 2: grades 6-8

Group 3: grades 9-12

Tips and Tricks for a Winning Video!

- Speak about something that matters to you.
- Develop an unexpected and/or catchy way to get your point across.
- Think about how you might open and end your video to grab your audience's attention —a human-interest story, a surprising statistic, an unexpected observation, or a thought-provoking question might do the trick.
- Speak with purpose and passion. Talk your way to a rough draft of your script. This is where your "speaking plan" becomes a "speech."
- Time is of the essence. Don't procrastinate.
- Try out your 2 min video on a volunteer listener. Get feedback and make changes.
- Have a script and use hand-held note cards, a smartphone or a tablet.
- Practice, practice, practice....and practice some more so your speech sounds natural and not memorized. The more confident you feel, the more relaxed you will be.
- Breathe and stay calm.
- Make sure your when you talk that you have clear pronunciation, don't talk too fast or too slow, and speak loud enough so that you can be heard and are able to keep the audience's attention.
- Remember to make eye contact and have good posture.
- Be enthusiastic about what you are talking about – your energy will win over the audience!

A good speech will have the following elements:

Introduction:

- Includes first name, hometown, and grade in school
- Creates interest in the topic
- Short and to the point

Presentation:

- Audible at all times, distinct, natural voice, good pitch, volume, speed, tone and rhythm,
- Clear pronunciation, no long pauses, no "extra" words (um, uh, you know)
- Poised, friendly, confident, enthusiastic, personality shows through
- Time well used, adheres to time limit
- Convincing, key points were stressed, captures and retains audience attention
- Well organized, logical order, words well chosen
- Good posture, eye contact, appropriate gestures, body language

Summary:

- Short and interesting, key points reviewed
- Closing definite

While we are not judging your speech on video quality, this is a great time to learn and practice new digital skills. Here are some video tips:

Lighting – Windows are a good source of natural light, but never film your video directly in front of a window, this will blackout your subject. Using lamps placed in front of but out of camera range, and to either side of your subject, will help provide good lighting without casting harsh shadows.

Background – Be deliberate about your background. Avoid messy or distracting backgrounds. A solid wall makes a great background. You can also hang a large solid sheet or curtain behind your subject. Be sure to avoid areas where others may accidentally walk behind you while filming.

Audio – Film in a quiet location. It's so easy to overlook or forget about background noises like traffic, birds, dogs barking, others talking or even the wind, but these become very obvious on recordings.

Shaky Footage – It is hard to hold a camera completely steady. Try using a sturdy surface or tripod if available. Once you have your camera set up, try not to move it during recording. Panning around can be distracting. If you need a different view, stop and start your video, you can edit the segments together after filming.

Smart Phone video – Using your smart phone for a project video is perfectly acceptable. Here are a few tips specific for phone video:

- Use the camera on the back of your phone. The front camera is normally of lesser quality.
- Record in landscape mode (Holding your phone horizontally, not vertically).

Camera Presence – How you look and feel when on camera

- Use calm open body language.
- Stand up straight and keep your shoulders back.
- Try not to cross your arms.
- Remember to smile!
- Talk slightly slower and make an effort to enunciate.
- Speak loud and clear but don't shout.
- Use props in your video to demonstrate your project. This will help you focus.
- Practice, Practice, Practice! Do a trial run and watch your video. Identify where you can improve. Have someone else watch your video and make suggestions before you submit it.
- Plan out your video, just like with a speech, write a script that has an introduction, a body, and a conclusion.
- Time your video. You want to cover everything you want to say and not feel rushed, but you also do not want to ramble.
- Be sure to look at the camera, just like you would look at the audience.

Most importantly, have fun, be creative and just be YOU!

