

# GRAND VIEW

U N I V E R S I T Y

## COUNSELOR EDUCATION PROGRAMS

### **Video Recording Suggestions When Submitting Dedication to Counseling Video**

When creating your Dedication to Counseling Video recording, paying attention to several aspects, including attire, disposition, and content delivery, is essential. Here are some suggestions on how to approach this:

#### **Preparation:**

- Prepare thoroughly for the content you will be delivering. Know the key points you want to address and practice your presentation to maintain a confident and engaging delivery.
- Consider creating an outline to help you stay organized while allowing for a natural and engaging delivery.
- Be concise in your responses and explanations, avoiding unnecessary details or going off-topic.

#### **Content Delivery:**

- Your content should be well-structured, clear, and focused on the topics relevant to the graduate committee's prompted questions. Ensure your message is logical, well-researched, and relevant to the committee's expectations.
- Emphasize your qualifications, relevant experiences, and your passion for pursuing counseling. Explain how your background aligns with the program's objectives and values.

#### **Attire:**

- Choose business casual attire that conveys professionalism.

#### **Disposition:**

- Maintain a positive and professional disposition throughout the recording. Be confident but not arrogant.
- Smile, make eye contact with the camera, and speak clearly and audibly.

#### **Body Language:**

- Pay attention to your body language. Sit or stand straight, avoid fidgeting, and use hand gestures thoughtfully.
- Speak at a moderate pace to ensure clarity and comprehension.

### Time Management:

- Stick to the allocated time, just as you would in a real interview, as exceeding the time limit can negatively affect your time management skills. Videos over seven minutes will not be accepted.

### Background and Location:

- Ensure that your recording location is well-lit, neat, and free from distractions. A clutter-free and neutral background can help the committee focus on you.
- Choose a professional and unobtrusive background setting.

### Technical Setup:

- Use a reliable camera and microphone to ensure good video and audio quality.
- Test your equipment in advance to avoid any technical issues during the recording.
- Properly position your microphone for clear audio without distortion, such as using a clip-on lapel microphone or an external USB microphone.
- If using a phone camera remember to silence phone notifications so you and the committee are not distracted by sounds.

### Engage with the Camera

- Remember that you are essentially talking to the graduate committee through the camera. Maintain eye contact with the camera lens and try to establish a connection as you would during an in-person interview.

### Pre-Recording Recommendations:

- Practice out loud at least once if not multiple times what you plan to say.
- Feel free to outline or take notes for the recorded session.

### Post-Recording Review:

- After recording, review the video to evaluate your performance. Please take note of areas where you can improve and work on them.
- Submit your video well before the deadline to allow for unexpected technical issues or challenges.

Taking these steps seriously will demonstrate your commitment and professionalism to the graduate committee, enhancing your chances of making a positive impression. Remember that preparation and attention to detail are key to success.

*At Grand View University, we are committed to fostering an inclusive and accessible environment for all individuals, recognizing that diversity and inclusion are essential to our core values. We aim to provide equal access and opportunities for everyone, including those with disabilities and individuals from marginalized backgrounds. If you require any accommodations due to a disability or have specific needs related to your marginalized background to participate in our programs or services, please let us know how we can assist you.*