

LRSEF Optional Project Video Instructions: *Adapted from Rengeneron 2022 guidelines.*

Record a video (maximum duration 2 minutes) explaining your project.

The target audience for this video are the Special Awards Judges and the Category Judges.

- While judges will have access to this video, they are NOT Required to view it. This video must comply with all Display & Safety Rules, particularly those involving logos, acknowledgements, and properly crediting images/graphs/photos.
- Videos can either be uploaded directly to LRSEF STEM Wizard Virtual Fair Milestone or you can embed a YouTube video. The YouTube link will need to be public, but it is not required that it be listed. It is recommended that the video be named the project short title. If uploading directly, videos must be less than 500 MB in size.

What to include in your video?

1. Introduce Yourself and your Project theme: State your full name but NOT your school's name. Rather than reciting your project title, consider explaining your project in a single sentence.

2. Explain Your Project: Summarize your research into main points:

- a. What did you do?
- b. What did you find?
- c. What conclusions did you draw?

3. Please note:

- We encourage **you to be prominently visible in the video**. This is not the format to show your slides.
- You can use any props or visuals you may have that are within the Display & Safety guidelines.
- This video is a summary statement about your project and the scientific or engineering design process you followed; it is not intended as an advertisement or sales pitch.
- Do not include anyone in your video other than yourself, the student researcher.

Best Practices for Filming:

These videos will not be edited. To ensure your video is the best representation of your work, please keep these best practices in mind while filming:

- Please speak in English.
- Film yourself in a well-lit and non-distracting environment so the viewer's focus stays on you and your work.
- For best results, film your video horizontally (landscape).
- Keep the camera still and in place during filming.
- Speak clearly and loudly enough that the recording can pick up every word you say.
- Avoid long pauses.
- Listen to your video after recording to ensure your voice is clear and audible, and that the video has not picked up too much background noise.
- Confirm the size of the video is less than 500 MB.