

Tips for Creating the Intern Capstone Video

As an ODU/U.S. Fish and Wildlife Service intern, you will have an amazing opportunity to be exposed to various geographic locations, a variety of work assignments, and will have access to experts in their respective fields. At the end of your internship, you'll be asked to present a reflective-style video assignment which documents your internship experience. Below are a few helpful tips to assist in completing your Capstone Video.

1. Keep it short.

Capstone Videos should be 2-3 minutes in length.

2. Keep it simple.

Your video should be simple and focused on one or two key points. Sharing every detail of your experience might sound like a great idea, but in reality you may lose your audience. Get started by making an outline of the topic(s) you want to present in your video, then design slides that relate to that topic(s). For example, ask yourself "How has participating in this program influenced me?" or "What was the most significant thing I learned during the internship?"

3. Explain what you're doing.

You lived your experience and can share it better than anyone else. Don't assume the audience has visited your host site or has shared the same experiences as you. Be sure to reflect that in your project. Take pictures, videos and log your experiences along the way. These valuable materials will give you inspiration to design a unique, attention-grabbing, and visually appealing presentation.

4. Tell it from the heart!

Your video should genuinely reflect your experience. Find a way to personalize the story and tell it in a way that the audience can share in that experience. Don't be afraid to showcase your personality!

5. Does it offer value?

Determine what kind of value you want your video to offer the audience. Remember that this was an amazing experience that inspired you, so let that reflect and inspire the viewers.

TECHNICAL TIPS:

For optimum recording quality, make sure your video equipment is stable and shield your microphone from wind while recording audio.

EXAMPLES FOR INSPIRATION

https://www.fws.gov/northeast/youth/students2010/melissa_lesh.html

<https://www.fws.gov/northeast/youth/video/2010/TylarGreeneVideo.html>

<https://youtu.be/ZWiT0EZwuJA>

<https://vimeo.com/137431000>

