

Attached to the Lesson Plan: **HERE I AM -VIDEO PROFILE**

TEN SIMPLE RULES TO RECORD A VIDEO PROFILE

Duration: 1 to 3 minutes maximum

Background: choose a simple background

Look: dress in a proper way

Speech:

Start your speech introducing yourself

Do not speak too fast, but clearly and quietly

Try to give an idea of who you are, pointing out your main features both professional and personal ; let your personality come out

Give information about your Education

Give some technical details, such as your computer skills, the languages you speak and so on

Look in front of you, imagine you are talking to someone. It is a good way to look natural.

Finally, thank your listeners for their attention

Don't exaggerate ! you should be simple and spontaneous and make sure your presentation is prepared in advance in order that is clear and concise.

Be bright and open, show your personality, eventually be humorous but not a joker.