

Guidelines for Short Care-leaving Research Videos v3

The brief

You are invited to create and share a short (**under 5 minutes**) video in which you introduce yourself and your care-leaving research. You do not have to have findings to present – you can just present what you are currently busy with or even what you are preparing to do. The idea is to make your work, in whatever stage it is, known to other researchers who may share your research interests.

Spend the first minute letting your viewers who you are, where you are in the world, what your discipline is (e.g., social work, psychology), what kind of work you are currently doing and (if you're studying) what you are studying.

Then spend the other three minutes telling us about your research. You can't say a lot in three minutes, so decide in advance on the two or three key points you really want people to hear and remember. You may want to focus on:

- Your theoretical framework, particularly if your theory is innovative or unusual.
- Your methodology, particularly if you are using an interesting or different methodology.
- One or two of your findings, particularly if your findings show something fresh.
- How your research is impacting practice or policy

Instead of just recording yourself talking, you could:

- Ask a colleague to interview you about your work. You can do this quite easily in video calling programmes like Zoom. You should prepare the questions and answers in advance and practice.
- If you don't feel comfortable having people see your face speaking, you could record a PowerPoints slide show with voiceover. [Click here for a manual on how to do this.](#)

Remember, less is more! You can't tell us everything in 5 minutes, so rather focus on just a couple of key ideas that you'd really like us to remember. You don't have to use the full 5 minutes – three minutes may be all you need!

Tips for making a great video

- Think about your background. Find a place where there is a plain or attractive background. If you use Zoom, you can choose one of the virtual backgrounds.
- Fill the screen with your face. We want to see you, so be sure that your face uses up a good amount of the screen.
- Smile! Smiling makes you feel warm and friendly, and that will engage your audience.
- Check for lighting. Don't have light coming from behind you, else your face will be just a black smudge.
- Position the camera lens at the same level as your eyes. Avoid looking down into the camera lens. If you're recording with your laptop or tablet, you might need to raise it on a pile of books.
- Find a quiet place and time to make your video. We don't want to hear dogs barking, babies crying, cars driving past, etc.
- Look into the camera of the video. Your audience will connect if it looks like you're talking to us. When you look into the camera (rather than looking at your screen), it will feel like you're looking right at us.
- If you have some notes to guide you, try to stick these on your camera right next to the camera lens. That way, we won't notice that you are looking at your notes.
- Practice, practice, practice. Your first attempt will probably not be great. Be willing to start again.
- Speak slowly. Don't rush. If English is not your first language, your viewers may have to listen through your accent – speaking more slowly will help. And if English is your first language, your viewers might not be English speaking. Speaking slowly will help your message get across better.

- Do not go over 5 minutes. If you go over by even a few seconds, rather record your video again (or edit it with video editing software). It will help to practice before you record, using the timer on your phone.
- If you are fortunate to have video-editing software, feel free to put in subtitles, key words, your name, etc. But don't get too fancy with the editing. We really just want to meet you and hear about your work. Keep it simple.

How to create your video

You can create a very good quality video using a camcorder (video camera). It will usually create a good quality picture and audio. If you have one, this is a good option.

You can record a video on your cell phone or mobile phone. Most phones have a good quality camera, so create a video that's clear. Be sure to keep the camera steady. If you're holding it in your hand, the phone might move a lot, making the video unpleasant to watch. Rather find a place to set your phone, e.g., on a book shelf.


Zoom (and other video programmes, like Skype and MS Teams) is an easy way to create a video. Just start a session and click the 'record' button when you start your presentation and the 'stop' button when you're done. Zoom will create a video file on your computer's hard drive or on Zoom cloud (you can choose where it saves the file). If you choose the option of saving to the cloud, you will get the link to your recording via email and you also will be able to find it under *Recording* on your Zoom account. The quality of the video is not always that great, though, because laptops generally have poor quality cameras, but the video will be watchable and is easy to make. You can also share slides if you use Zoom for your video.

As mentioned earlier, you can create a video through PowerPoint on your laptop. This is particularly useful if you don't want your face on the screen (though PowerPoint does enable a small picture of your face in the corner of the screen) and if you want to use PowerPoint slides for your video.

Here is a link to an example of the kind of video you could create: <https://youtu.be/W2EWn1bzz7s>. It was created by Adrian van Breda specifically for the conference and will be included as one of the videos in the INTRAC Global Conference 2020 collection. Adrian filmed the video with a Sony camcorder and had notes stuck to the edge of the camera lens. He used video editing software he has to do a bit of editing to trim off the start and end of the video (showing Adrian switching the camera on and off). He also added a title with his name and inserted two logos of his university and the organization with whom he does his research. His video is exactly 5 minutes, thanks to a few practice runs.

How to submit your video

Upload your video to YouTube (or an equivalent platform). This is a very simple process:

1. Sign into YouTube using your Gmail account details.
2. Here are the steps: <https://support.google.com/youtube/answer/161805>
3. Click the upload/create icon on the top of the screen ().
4. Drag and drop or select the relevant file.
5. Provide a title and description for your video:
 - a. For the title, include name and the topic of your research.
 - b. In the description, provide as much information as you can so people can find your video by searching for key words.
6. You need to note that your video: "No, it's not made for kids".
7. Press: Next → Next → and select "Public" for your privacy → Publish.
8. Copy the YouTube video link and share it with us. See final step below.

Here are video tutorials for uploading a video to YouTube:

- Short version: <https://www.youtube.com/watch?v=kIVWGHtRTuE>
- Long version: <https://www.youtube.com/watch?v=w25FNPlnXXQ>

If you need assistance with creating and uploading your video, please first ask your colleagues or IT people at your university. If that doesn't work, please contact Tehila Refaeli at Tehilarefaeli@gmail.com.

Final step

To submit your video to INTRAC, please complete the form at the following link:
<https://forms.gle/T6USmF6H3Tua7ue48>

Please note that once you load your video to YouTube, it is in the public domain and you are allowing YouTube to store it online and for it to be viewed and shared by others. Videos will not be loaded on the INTRAC website – only links to your video on YouTube.

The keywords you create for your video will allow people to search for videos that are relevant to their area of interest (e.g., disability or lifecourse). This will allow people who are interested in an area of research to locate several videos, including yours, that provide brief summaries of people's care-leaving research.

Should you wish to remove your video from the INTRAC website, please email us at intracexco@gmail.com and also delete your video from YouTube.