

Recording Your Elevator Pitch

What to Include:

Introduce Yourself:

- State your full name
- You may include your major and research lab/mentor if you wish
- Rather than reciting your project title, consider explaining your project in one or two sentences.

Explain Your Project:

- Summarize your research:
 - What did you do?
 - What did you find?
 - What conclusions did you draw?
- You may use a voice-over/audio recording, but it must be in video format.

Posting & Sharing:

Your introductory video **must be linked from YouTube**, optional materials may be posted from a website or uploaded into Google Drive. See below for full instructions.

- In YouTube, your video may be uploaded and posted as “unlisted” so that only those with a direct link can access it.
- Unlisted videos are not searchable or available to the public.

Tips for Filming:

- Film in a well-lit and non-distracting environment
- 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 is able to pick up every word you say.
- Avoid long pauses and filler phrases
- 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.
- If using Zoom, start a new meeting and hit record. You can share your screen to focus on your poster or highlight key slides/images.

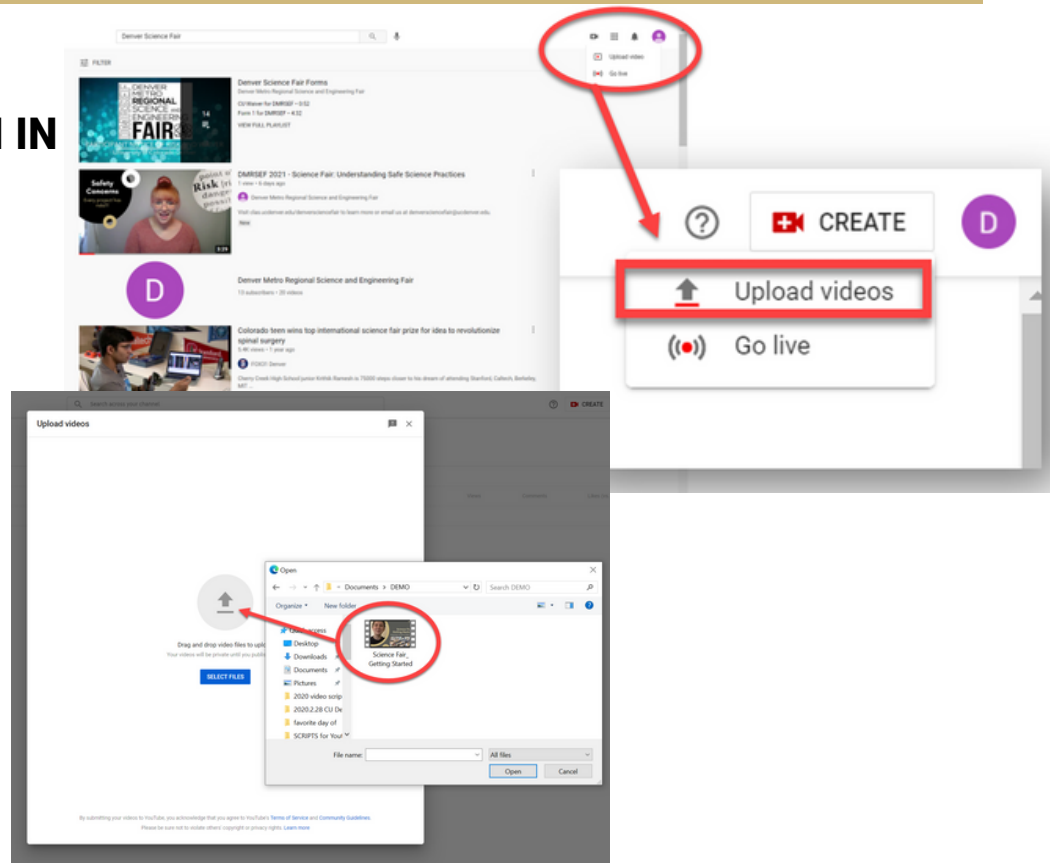
Please Remember:

- **Videos should be no longer than 2-3 minutes and should broadly summarize your project.**
- [CLICK HERE](#) for more resources on creating presentations.

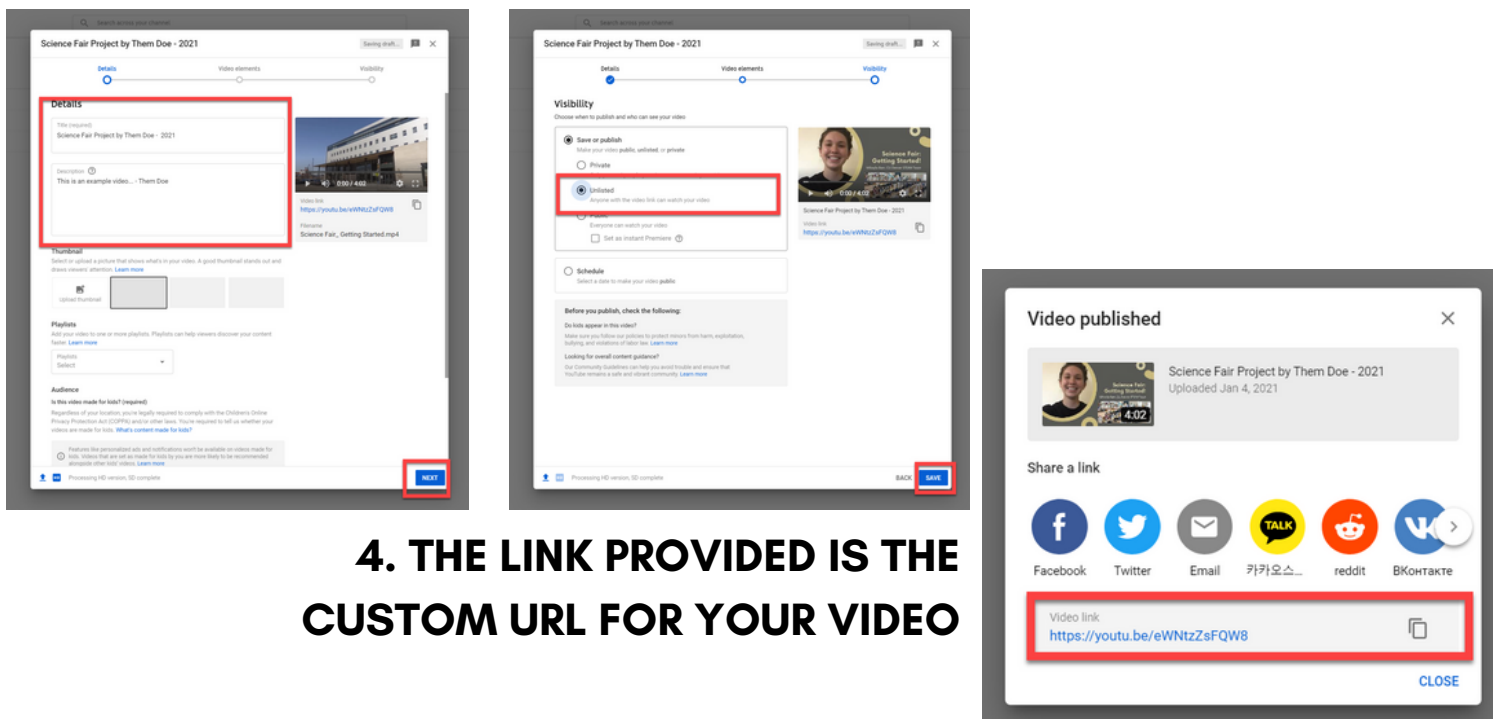
UPLOADING UNLISTED VIDEO ON YOUTUBE

1. LOCATE THE "CREATE" BUTTON IN THE UPPER RIGHT-HAND CORNER OF YOUTUBE

2. SELECT "UPLOAD VIDEOS" AND SELECT THE FILE TO SUBMIT:



3. TITLE YOUR VIDEO AND FILL IN APPROPRIATE DESCRIPTIONS AND OPTIONS. UNDER "VISIBILITY", SELECT "UNLISTED" AND SAVE YOUR UPLOAD



4. THE LINK PROVIDED IS THE CUSTOM URL FOR YOUR VIDEO