

## **SALUKI UNPAID INTERNSHIP TRUST (SUIT) FUND VIDEO GUIDELINES**

1. Videos can be recorded using your cell phone, or any video equipment you have.
2. If recording on your cell phone, please use horizontal format instead of vertical.
3. Use a stabilizer if you have one. This will help increase the quality of the video for the viewer.
4. Record your video in a quiet area, ensuring your voice can be heard loudly and clearly. Turn off any fans or air conditioners.
5. Please do not include any trademarked music as part of your video.
6. Ensure you have adequate lighting prior to filming.
7. Keep videos under 1 minute in length. You can edit several videos into a minute-long video if you would like.
8. During your video, provide the following information:
  - a. Your name, class year, major, and expected date of graduation
  - b. Internship Information including the name and location of your site. Please also state what you did during your internship. How does it relate to your future goals and aspirations?
  - c. Provide your thoughts on how the SUIT Fund helped you accomplish your internship.

Email your completed video or YouTube link to [careerdevelopment@siu.edu](mailto:careerdevelopment@siu.edu)