



## Hey 2021 Stoa Seniors!

We want to honor you and give you all a chance to say goodbye to Stoa, and here's how you can do it! If you are unable to record your message at the Seniors Speak Studio at NITOC, submit a short video along with the signed release form, and we will compile your video with submissions from several of your fellow seniors and post it on our Stoa social media channels. Depending on the number of submissions we receive, we will release compilations regularly, following NITOC.

We will add your first and last name and state to the bottom of the screen as you start talking, but please start your video with something like, "Hi! This is (name) from (state)."

### Then discuss one or more of the following topics (but please stick to these topics):

- 1) What you have learned or been impacted by through Stoa.
- 2) What you will miss about Stoa.
- 3) Your favorite memory from Stoa.
- 4) Advice for younger competitors.
- 5) Say thank you to those from our Stoa community who have impacted you.

### Please read the following video quality tips:

- 1) Casual clothing is fine, but at least comb your hair.
- 2) Ensure phone/computer camera quality is set to a high resolution.
- 3) **Use landscape/horizontal orientation only.**
- 4) Clean your camera lens before recording.
- 5) Use good lighting either indoors or outdoors.
- 6) Find a quiet place to record your video.
- 7) Consider the background visible behind you.
- 8) **Look at the camera, not yourself, when recording.**
- 9) If taking the video as a selfie, please hold the camera steady.
- 10) Make sure we can see at least your entire head and upper torso in your video.
- 11) **Limit the video to 45 seconds to 1 minute.** Please do not go over 1 minute.

**We reserve the right to reject videos due to quality or content issues.** If this happens, we will allow you to submit a new video.

Please upload your video to google drive with a shareable link and email your video and completed release form to [scottlinkmedia@gmail.com](mailto:scottlinkmedia@gmail.com) by **midnight on May 31**. If you are under 18 years of age, a parent must sign the form as well. If you have any questions, please don't hesitate to reach out to [scottlinkmedia@gmail.com](mailto:scottlinkmedia@gmail.com).

Thank you for participating!

Blessings,

Stoa Communications and Marketing Committee.