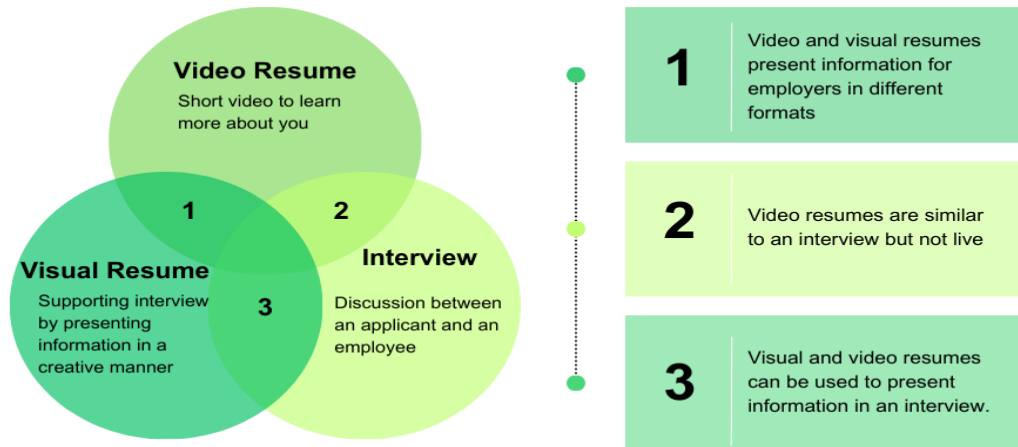


## Employment Pathways

# Video and visual resumes

## What are video resumes, visual resumes, and interviews?



## Why do we use video or visual resumes?

- Show your strengths and abilities especially if it is hard for you answer questions in an interview
- Catch employer's attention and stand out

## What should you include on a video or visual resume?

Consider including some of the following points or materials in your video or visual resume:

- Photos or videos: Photos or videos at work/volunteering/co-op are essential to making your video or visual resume appealing and showing your skills
- Knowledge: What classes have you taken that relate to the job? What experiences have you gained information from?
- Skills: What are you good at? What skills do you have that relate to the job?
- Activities: What activities do you participate in? How do these activities relate to the job?
- Career objectives: Why are you applying to this job or volunteer opportunity? What do you want to do in the future? What does your ideal job look like?
- Personality traits: What characteristics fit with the job?
- Disclosure of disability: What would you share about your disability, if you want to share? What strategies help you perform best at work? How does your disability benefit the organization?

## How do I create a video or visual resume?

### Who is going to help you?

- You may need someone who will be able to help you throughout this process.
- If possible, choose someone you are comfortable talking to about these topics.

### Before starting

- Making a video or visual resume is a process and may take many days to create.
- It might feel hard and frustrating sometimes but it is worth it!

### Brainstorm & make a plan

- Think of what you'd like to include. Write down your outline.
- Locate photos/videos of you completing past volunteer or paid positions
- Consider if you would want to talk in the video, make a voiceover or add text to the video
- Example structure
  - Introduction
  - Why you are interested in the role
  - Videos or text of previous relevant jobs with tasks and skills
  - Disclosure - strategies that help you learn best
  - Conclusion such as "thank you for watching my video resume"
- We recommend making the video between 1 to 2 minutes long
- If you are going to speak in the video consider:
  - Do you want others to ask you questions or speak by yourself?
  - Practice the script before filming or recording (if you are doing a voiceover)
  - Consider using simple sentences (e.g. one of my strengths is attention to detail)
  - Try to use this more as a guide then reading word by word

### Things to think about before you film

- Your environment
  - Are there sounds around you?
  - Is your background plain with no distractions?
  - Do you want to show your full body or just your shoulders and head?
  - Are you in a bright area?
  - Are other people in the background? If so, ensure you have obtained their consent to be in the video.
- Yourself
  - Are you wearing professional clothes such as a suit, button-up, turtleneck, or dress pants?
  - Does your hair look professional? Is it clean? Does it look like how you would present yourself for an interview?

## Getting ready to film: Tips and tricks

Consider the following before filming

- If you are talking in the video consider:
  - Use a professional voice - is it loud and clear? Do you say filler words like “umm”? Does what you are saying tell the message you want to tell?
  - Try to make eye contact with the camera lens, not the screen (if possible).
  - Consider your body language - are you sitting or standing straight? Are you facing the screen?
- If you are filming work tasks:
  - Ensure the video captures the front/side of you not the back of you.
  - Slow down the task, if too quick to capture on video.
  - You may need to refilm tasks as needed.
  - Film a variety of videos with more than needed to ensure you have good videos to choose from.
- Film with any device: Think about the quality of the video.
- Put the device onto a stand (e.g. a pile of books) or tripod for a more stable video.
- Allow several takes.
- Watch the video after filming to ensure it is good quality.

## Edit

- Editing websites
  - You can use free editing application CapCut for [Microsoft](#), [Google](#) and [Apple](#) with a [tutorial on YouTube](#)
  - [Adobe video editor available on any computer](#) with a [tutorial on YouTube](#)
  - Canva for [Microsoft](#), [Google](#), [Apple](#), and [any computer](#) with a [tutorial on YouTube](#)
  - If creating a voiceover here is how to record on [iPhone](#) and [Android](#)
- Make it professional by:
  - Having no distracting transitions between videos.
  - No loud music in the background.
  - Have someone provide feedback on your edited video.

## Share

- Upload the video to [YouTube](#) with [closed captions](#) as an [unlisted video](#) so that only those with the link are able to find the video.
- [Upload the video](#) to [Google Drive](#) to [share to future employers by email](#) before the interview or during the interview.
- You can share on a device during the interview if you wish.

## Example video resumes

- [Mosiah's video resume](#) highlights his experiences at Holland Bloorview as an employee.
- [Simon's video resume](#) highlights his experiences at GoodLife fitness and a Foodbank.

## Definitions

**Transitions:** Connecting one video clip to another video clip.

**Consent:** Permission for to be included in your video.

**Voiceover:** Only record your voice and won't see video of yourself.

## Resources

- [Purdue University](#) has created a helpful resource on the process of creating a video resume.
- If you are in post-secondary the Career Department can help you form ideas and create a video resume.
- [Holland Bloorview Employment Pathways](#) that help young people gain volunteer and work experience.