



## More Information

We're seeking **15 second video** submissions from graduating students to be featured during the Convocation ceremony as a way to celebrate your time at CNC and share your story. Record a quick video answering **one** prompt about your experience—no scripts, no pressure, just be yourself. Please only submit a video of yourself answering one question from the prompts below.

Prompts:

- What is your favourite CNC memory?
- What are you doing after graduation?
- What does CNC mean to you?
- What will you miss most about CNC?

Simply film a **15 second video** on your phone and submit your video to [marketing@cnc.bc.ca](mailto:marketing@cnc.bc.ca) by Friday, May 15<sup>th</sup>. Selected videos may be showcased during the ceremony in Prince George and Quesnel, as well as featured on CNC's website, social media channels, and in future marketing materials. Please note submitting a video does not guarantee it will be used. Upon submitting your video, you will be required to fill out a consent form, this will be emailed to you. We cannot use your video if you do not sign and return the consent form.

For any questions, please email [marketing@cnc.bc.ca](mailto:marketing@cnc.bc.ca)

## Tips for Filing Yourself

- Keep it short
  - Aim for around 15 seconds. A quick message goes a long way.
- Find good lighting
  - Face a window or light source so your face is clearly visible. Avoid having bright light behind you.
- Choose a quiet spot
  - Background noise can make it hard to hear – try to film somewhere clam and quiet.
- Hold your phone steady



- Prop your phone up or use both hands to keep the video stable.
- Film horizontally
  - Hold your phone sideways (landscape mode).
- Speak clearly and naturally
  - No need to be perfect – just be yourself and speak from the heart.
- Check your framing
  - Make sure your head and shoulders are in the shot, with a little space above your head.
- Do a quick test first
  - Record a few seconds to check your sound lighting before doing your full message.
- Have fun with it!
  - Feel free to smile, laugh, or share a quick memory – it makes the video more meaningful.

Have questions? Reach out to [marketing@cnc.nc.ca](mailto:marketing@cnc.nc.ca) and we would be happy to help!