



2022 Grad Week Student Video Submission Guidelines

Please use the following guidelines when submitting your motivation or inspiration video for achieving your GED.

Video Guidelines:

- **Keep it short.** Aim for 15 seconds, but no more than 30-seconds.
- **First name only.** When introducing yourself, please do not use your last name. We will only use your first name and last initial to identify you in our promotions.
- **No logos.** Please ensure that no corporate or copywritten logos or imagery is visible in your recording. Do a sound check. Limit as much unnecessary background noise as possible and hang a blanket up in rooms that tend to echo to cut back on feedback.
- **No licensed audio or music.** Please don't add any licensed background music to your video. Plus, we want to make sure we can hear you loud and clear!
- **Check your file settings before you shoot.** Make sure that in your phone, laptop or camera settings that you're shooting in HD (1080p or higher) and in a 16:9 (widescreen) aspect ratio.
- **Shoot horizontally.** Shooting sideways/horizontally/landscape will make sure your video fits in nicely with other submissions.
- **Use natural lighting when possible.** However, if you can't, you can use the lights in your house.