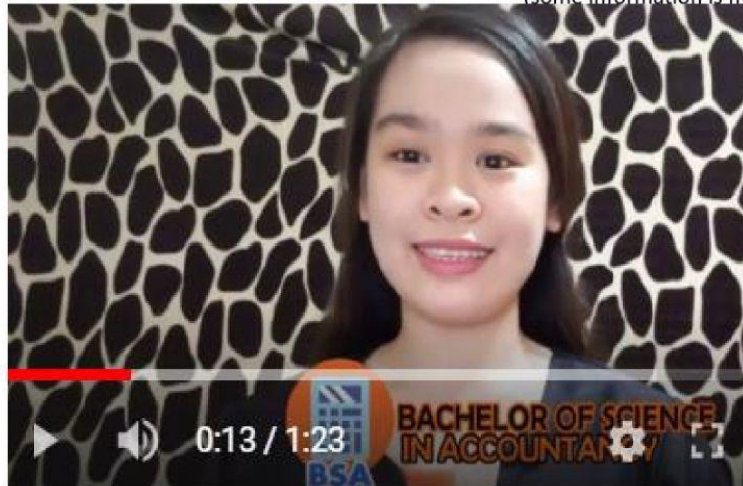


A Video CV

A **video resume** is a short **video** you to introduce yourself to the company recruiter. It is often submitted in addition to a **written curriculum vitae** and **application letter**.

An effective **video resume** is between 30 seconds to 2 minutes long and it should include only **relevant information**.

A) Watch Laura and Praise Video CVs and complete the chart:
(some information is missing)



(remember, some information may be missing)

	residences	personality	education	skills	experience	contact
Diana						
Laura						

B) What positions are Praise and Laura applying for?

a. Praise: _____

b. Laura: _____

C) Tips for a good Video CV - match the columns

1. Dress professionally:

a. Prepare what you're going to say.
Do not improvise.

2. Find a good background:

b. Use visuals to illustrate what you're saying.

3. Sound is important:

c. A lot of people are making video CVs, you have to be creative to make an impression.

4. Write a script:

d. Dress as if you were in a job interview.

5. Show, don't tell:

e. Share your video with friends and family to get their opinion.

6. Be creative:

f. Pay attention to the background in your video. Choose an appropriate and tidy place.

7. Be brief.

g. Make sure that your voice can be heard clearly and avoid background noise.

8. Get feedback

h. Videos should be between 30 and 90 seconds.

1-

2-

3-

4-

5-

6-

7-

8-