2019 Co-op program

VIDEO APPLICATION TIPS

Do :

• Stick to the 3 minute time limit (the selection panel may not consider anything after 3mins)
• Answer the questions thoroughly and thoughtfully
• Use resources you already have access to (eg. use the camera in your phone or laptop).
• Dress appropriately
• Consider your location (eg. what is visible in the background, is the lighting appropriate, is there background noise?)
• Ask someone to take a look at your video before you submit it (eg. are you speaking clearly, are you looking directly at the camera?)
• Make sure your video meets the technical specifications before you upload it: (Flash(.flv), Audio Video Interleave(.avi), Windows Media Video(.wmv), Apple Quicktime Movie(.mov), Moving Pictures Expert Group 4(.mp4))

Don’t :

• Hire professional equipment to create your video (it’s ok to use the camera in your phone or computer)
• Include music or subtitles (we’re interested in the quality of your answers not an overly produced video).
• Read from notes
• Have anyone else appear in the video
• Exceed 2GB in size: If your video is more than 2GB in size, try reducing the resolution (optimal 720p) or the framerate (24/25/30 frame per second).
• Use the same video if you’re applying for both Co-op programs. Separate ones addressing the appropriate criteria are required.