



Video Guidelines

Main Objective:

Project S.E.E.N (Student Education and Entertainment Network) is a video based outreach program spear-headed by UBC Peer Programs, the Peer Programs Executive Council, and Healthy Minds at UBC. This student-driven initiative aims to enhance the student experience at UBC through educational videos that promote health, well-being, balance, and success.

Project S.E.E.N will be hiring a videographer to provide professional editing and post-production services to all accepted videos. Videos will also be widely marketed to the general student population at UBC through various media channels.

Healthy Minds Areas of Wellness:

- 1) Physical (nutrition, physical activity, sleep, body care, promoting health)
- 2) Social (connecting with others, healthy relationships)
- 3) Emotional (Experience & express feelings, manage stress, understand and manage moods)
- 4) Play (activities that bring pleasure, hobbies, spending time with friends)
- 5) Spiritual (focusing on the spirit, perspective, developing meaning)
- 6) Personal (knowing the impact of choices, personal limits, knowing & loving yourself, getting help, using campus resources)
- 7) Academic/Intellectual (challenge your mind, goal setting and priorities, time management & study skills)
- 8) Work/financial (work/volunteer experience, develop career plans, manage financial life)

Visit this webpage to learn more about each area of wellness:

<http://www.students.ubc.ca/livewelllearnwell/explore-wellness/assess-your-wellbeing/>

Possible Themes/Topics to Consider:

- Community building
- Student stress
- Collaboration & ways to do so
- Leadership, coaching and/or role-modelling
- Mental health and health issues (particularly their stigma)
- Equity issues
- Overall health, wellness, balanced lifestyles (tips, suggestions, methods etc.)
- Accessibility of (campus) resources (information about and information on how to use)
- Diversity (sexuality, disabilities, race, gender etc.)

Video & Submission Criteria

Content Requirements: • Videos must address the main objective of Project SEEN (as noted above) • All final videos must begin with the “SEEN Intro.mov” clip located on the CSI Macs or downloadable from the website. • Content should be UBC specific. Consider the following: - o Will students at UBC care about this? - o Focus on UBC specific resources, filming on campus, and UBC events/programs/people • Be aware of the diversity of the UBC community • Use inclusive language when appropriate and in humour • Be creative!	Technical Requirements: • The following forms must be submitted: - o Submission form (pre-filming) - o Audio & video recording release forms • Length of submission: - o 2-3 minutes • Acceptable video formats: - o .avi; .mpeg; .mov
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Project SEEN reserves the right to reject any videos that do not comply with the Project SEEN objectives or guidelines as outlined by this document. Project SEEN also reserves the right to reject any videos that could offend, disrespect, discriminate or otherwise alienate members of the UBC Community.

For inquiries regarding project SEEN please email Tannis Peterson at tannis.peterson@ubc.ca or Kelly White at kelly.white@ubc.ca.

To view past Project SEEN videos that were created, please visit:

<http://www.youtube.com/user/ProjectSEENUBC>

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For more information and to fill out the application form, visit:

<http://peerprograms.ubc.ca/people/project-teams/projects/project-s-e-e-n-application-form/>