

Crafting and Preparing Your 1 min Introductions

1. Task: **Please share who you are and what you hope to get out of LA's BeST.**
2. Record yourself giving your response using your phone, iPad, or laptop computer.
Please do this away from people in a quiet space.
3. Now, review your own recording – What is one thing that you liked? What's one thing that you can improve for the next time?
4. Now, write out your introduction on a Word Document or Text Document. If your recording, went over a minute make sure to craft your words so that you can stay within a minute or less.
5. Record yourself again.
6. Please make note of something that was better the second time and something that was hard or difficult the second time around. We will talk about it.
7. Finally, please make sure to bring your intro script as a word document to the studio. You can also email your intro scripts to gary.sanangel@med.usc.edu.

Looking forward to seeing you all on the 21st at the studio RM 220!

Gary