

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 email your intro scripts on a word document to gary.sanangel@med.usc.edu.
Alternatively, you can bring it to the studio on a flash drive.

Basic guidelines for doing a recording in the Soto Studio

Please **do not wear any green**. This is a green screen studio so you will disappear in the background if you do. Solid non patterned earth tone colors are ideal to wear (brown, red, and black). Also, try to stay away from white or fine patterns.

The Soto Studio is located on the second floor of SSB. As soon as you get off the elevator make a left and walk along the path nearest the glass windows. The room number is 220 located along the middle inner corridor.

Looking forward to seeing you all on the 18th at the studio RM 220!

Gary