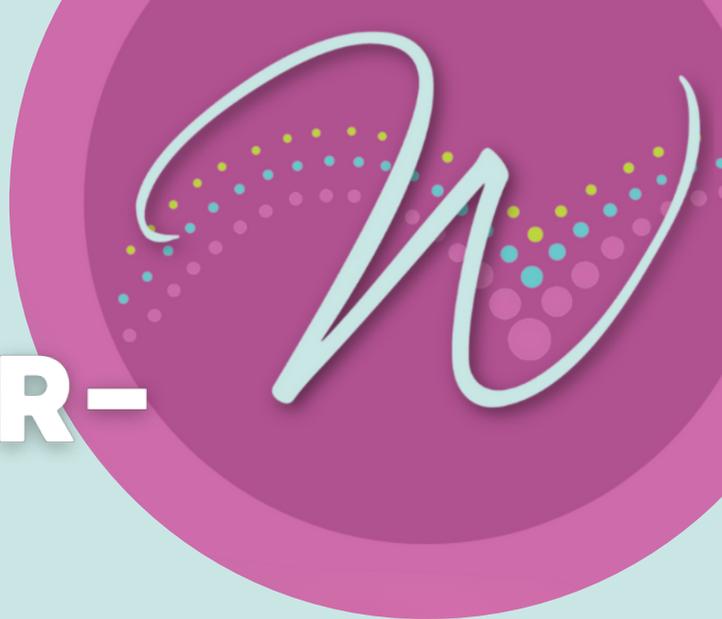


MENTOR-FOR- A-MINUTE



1

HAVE YOUR TOPIC READY AND INCLUDE:

- Your name
- The name of your company
- Your job title
- Education requirements for your role (high school, college, or graduate degree requirements, certificates, specific important courses, etc.
- Important skills for your role
- Description of your current role
- Share a glimpse of some of your day-to-day activities

2

RECORD THE VIDEO ON YOUR PHONE

When setting up, please make sure you are in a well-lit area and your phone is in landscape mode (phone is horizontal).

3

RECORDING

Make sure there is no background noise, and press the record button to start. When you are finished, stop recording. Video should **not** exceed one minute.

4

SEND THE RECORDING

Send the recording to Stewart McMillan at stewart@createfoundation.com or via WeTransfer. Please be sure to include your name and pathway in the submission.

Remember: Students want an authentic connection from career professionals via video. Include information you find relevant about your career that you would tell a student in-person.