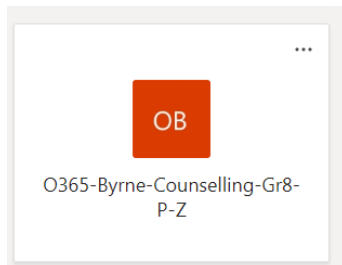


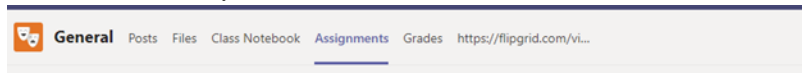
Core Competency: Option B - VIDEO REFLECTION

Here's how to do it:

- 1) Decide which two questions you plan to answer.
- 2) Between May 15th and May 29th, open Microsoft Teams and select your Counselling team.

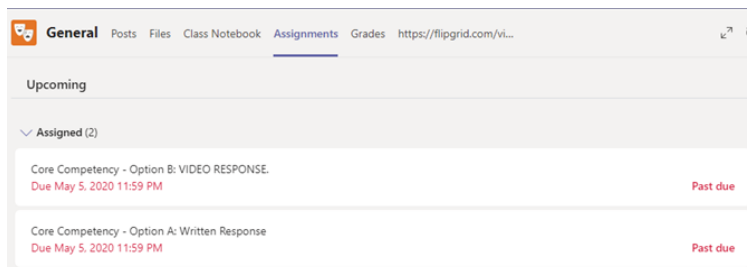


3) From the top menu, select ASSIGNMENTS

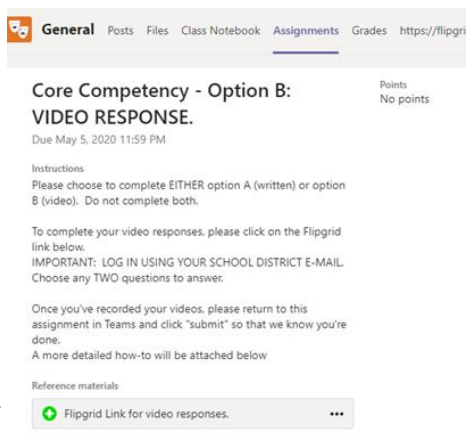


4) Choose OPTION B - VIDEO RESPONSE.

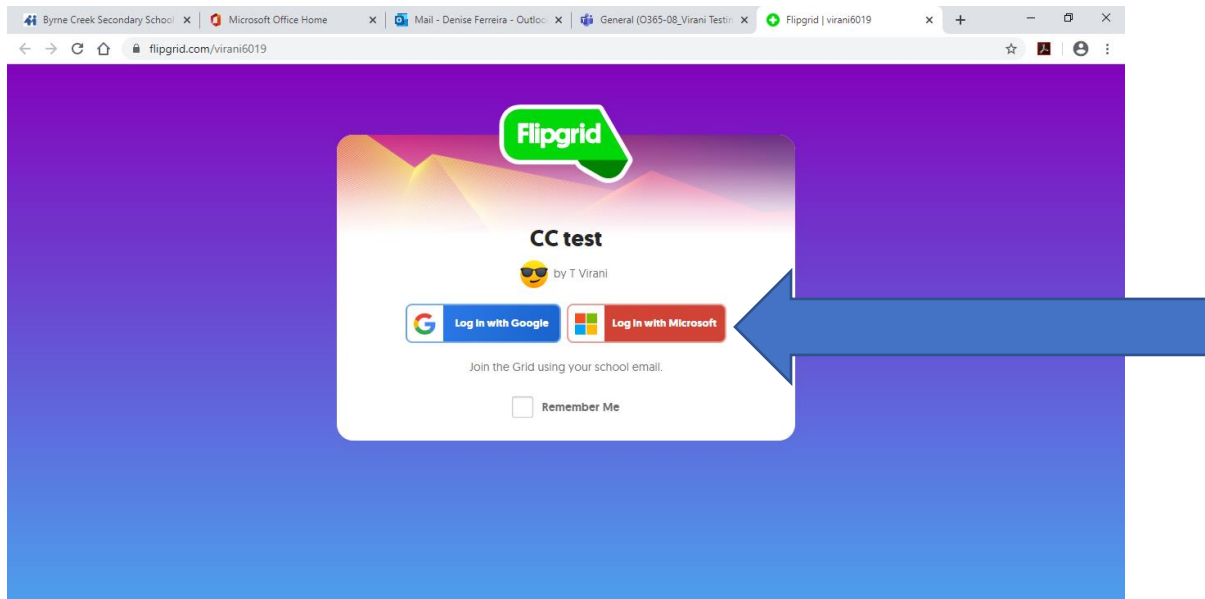
***If you choose this option, you do not need to complete option A.



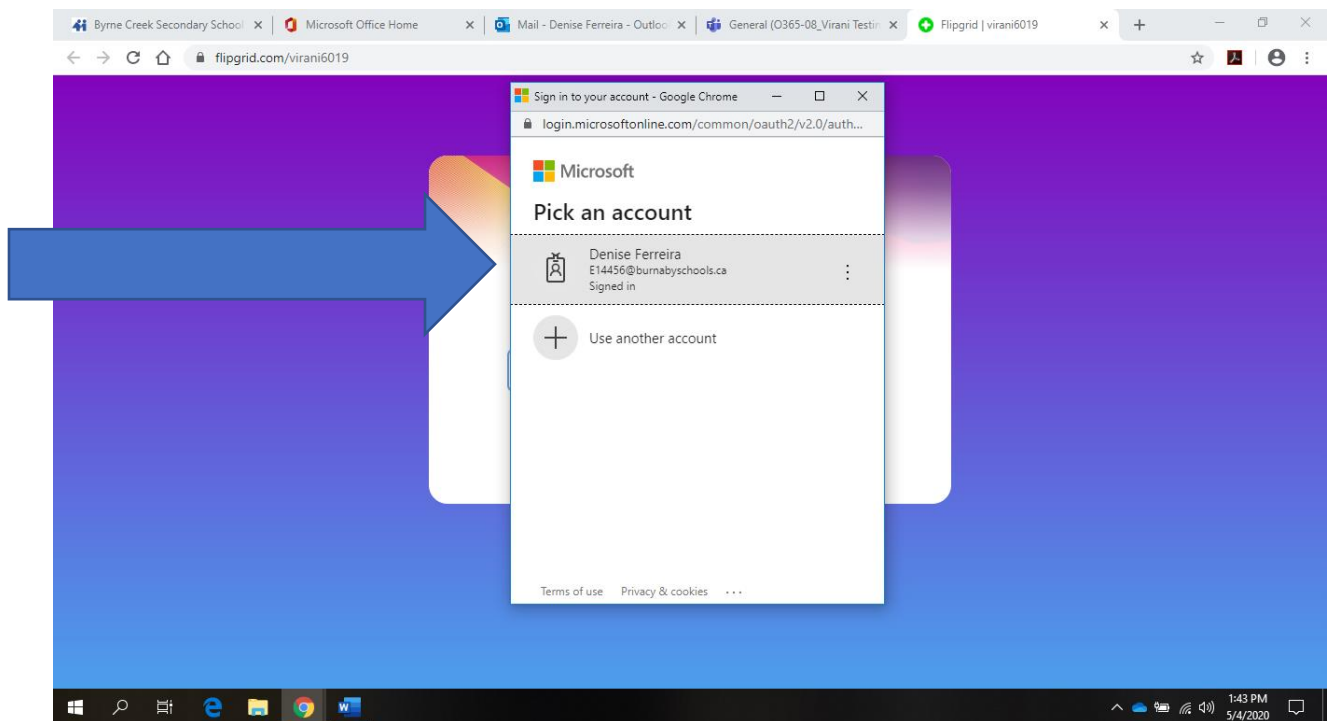
5) When the assignment opens, read the instructions then click the link to FLIPGRID:



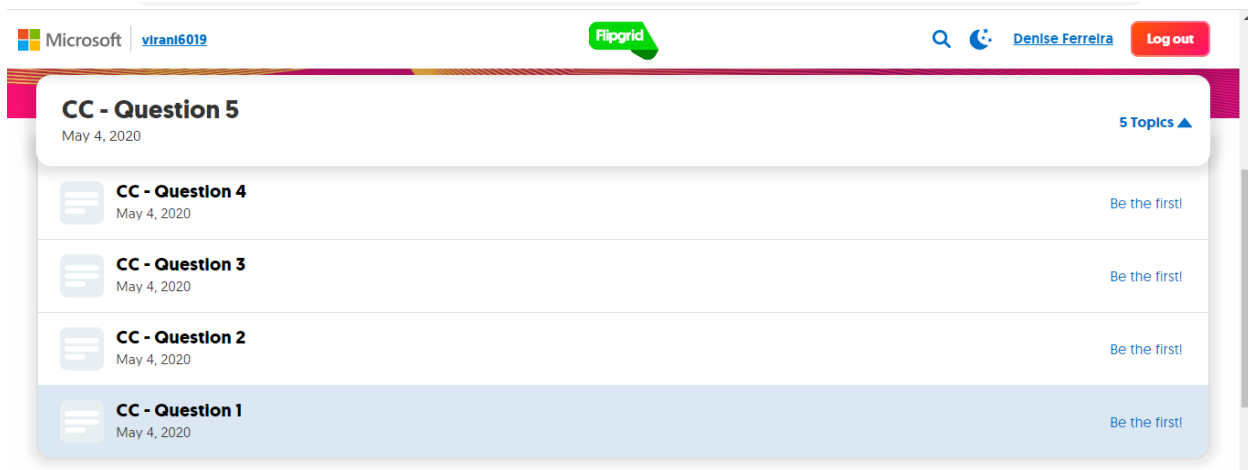
6) Flipgrid link should open. Click on 'Log in with Microsoft' and enter your 'school email' (Student Usernames are: pupil#@edu.burnabyschools.ca - eg. 654321@edu.burnabyschools.ca).



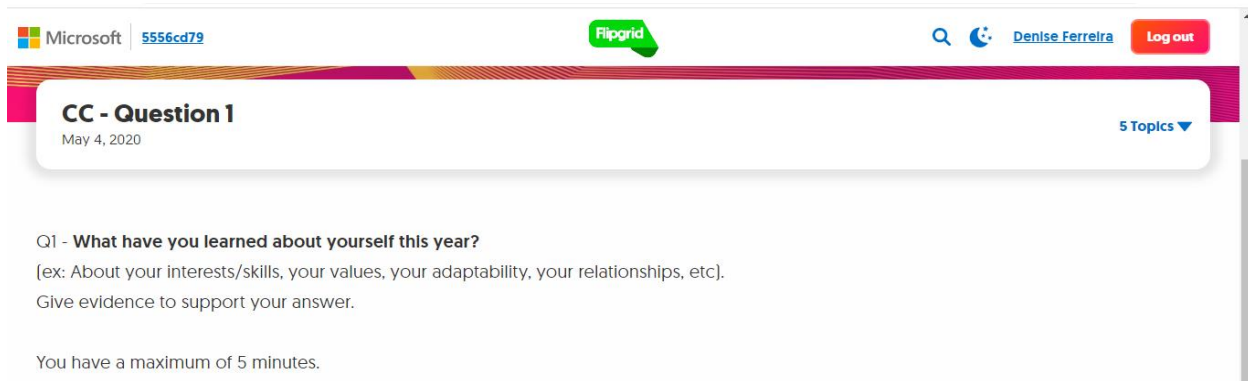
7) Next, click on your account (edu.burnabyschools.ca). See the example below.



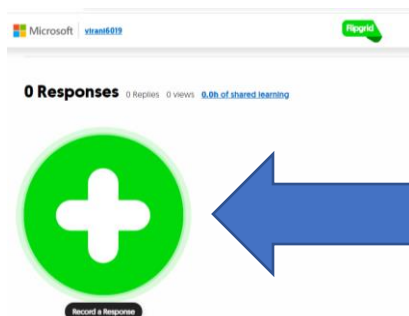
8) The reflection questions will then open on the screen. See below (it shows Question #5).



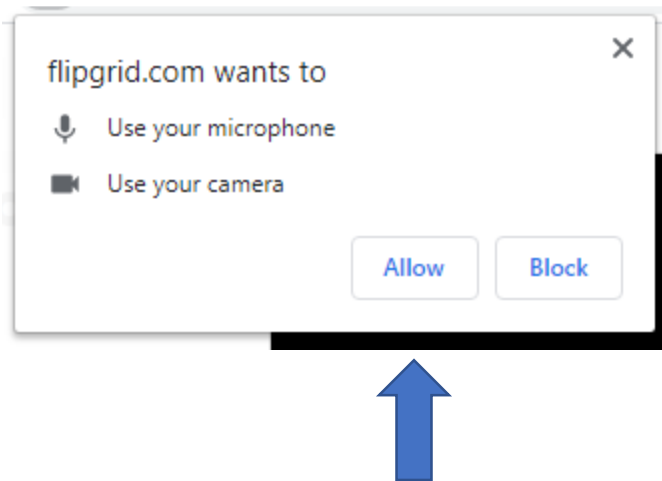
9) Your next step is to choose which two (out of 5) questions you will answer as part of your reflection. You have a choice of FIVE questions - you will pick ONE right now - but will need to answer TWO in total. The example below shows Question #1.



11) The next step is to click on the FLIPGRID circle, so that you can begin recording. See below.



10) Another box will open. Then, click on 'Allow.' You will need to be able to use your microphone and camera to record your video.

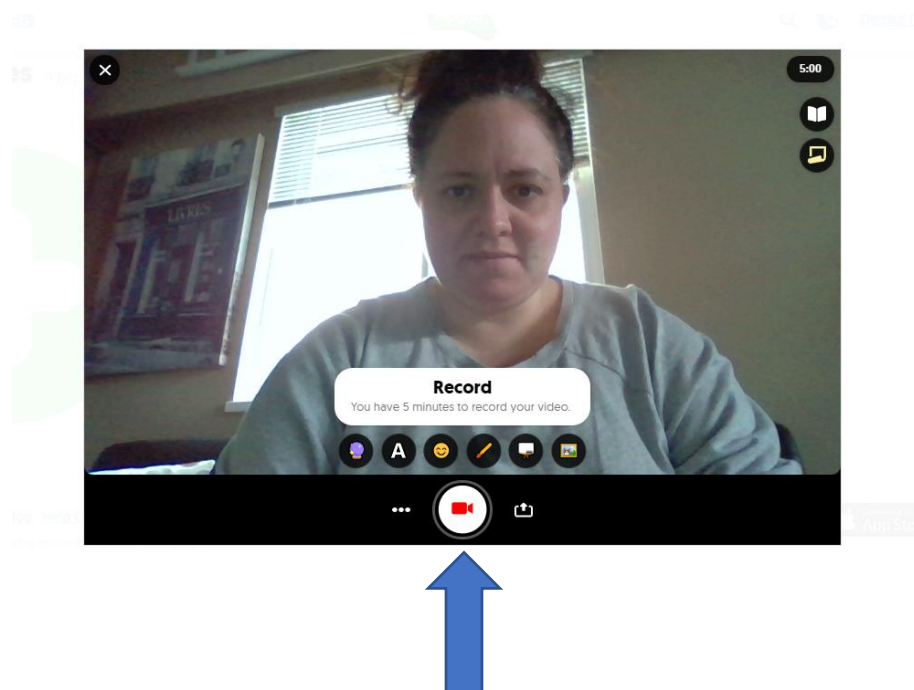


11) Then, you can begin recording. Click on the 'red video camera' to begin. You will have a maximum of 5 MINUTES to record your response to each question.

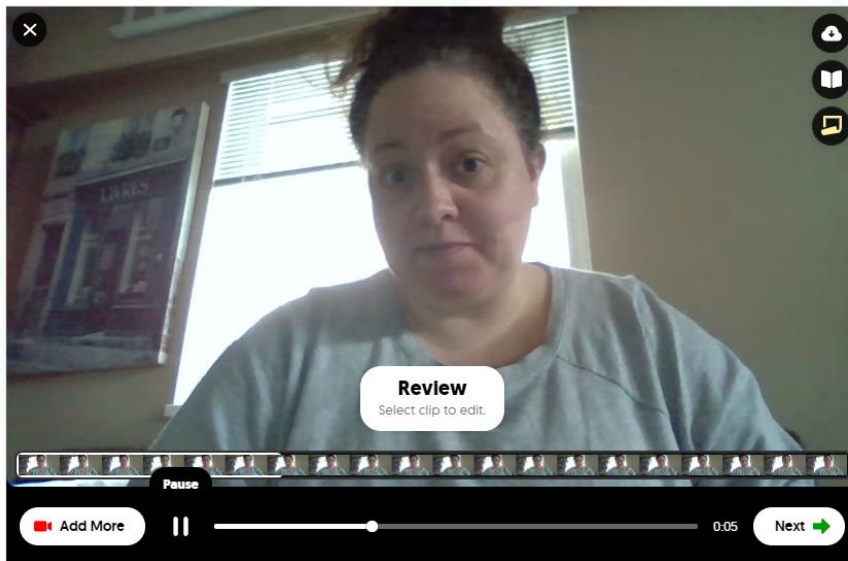
You may want to practice a few times; you can also re-record if you make a mistake! Volume and clarity are important, so practicing helps.

FYI: Ms. Ferreira prepped her recording twice.

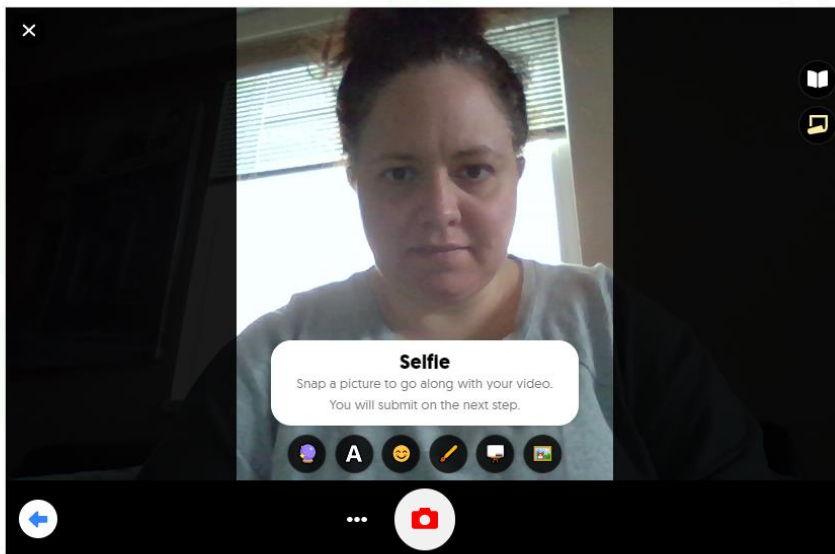
****If you prefer, you can upload a video you take and save to your computer (as an MP4).**



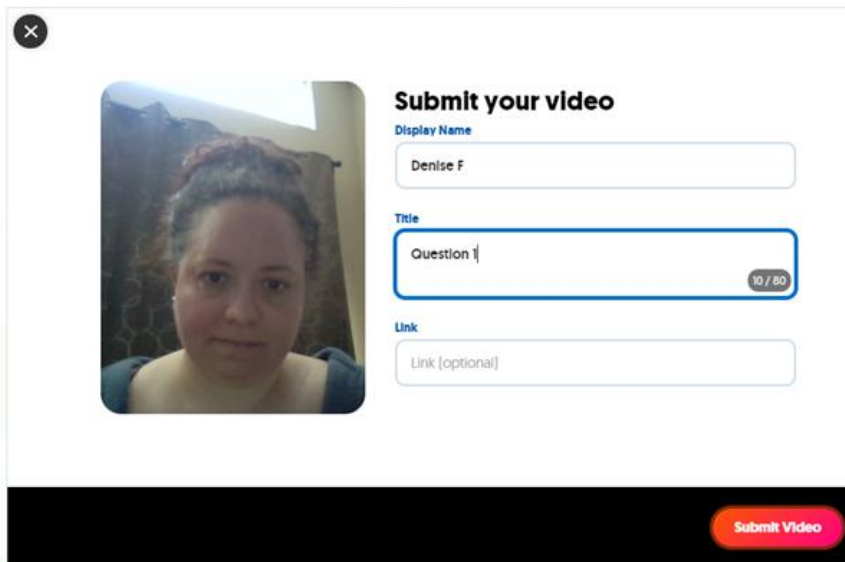
12) Once you have recorded your first 'take', you will need to review your video. Click Next when finished.



13) Your last step before finalizing is to take a 'SELFIE' that will appear when teachers go to access your video responses.



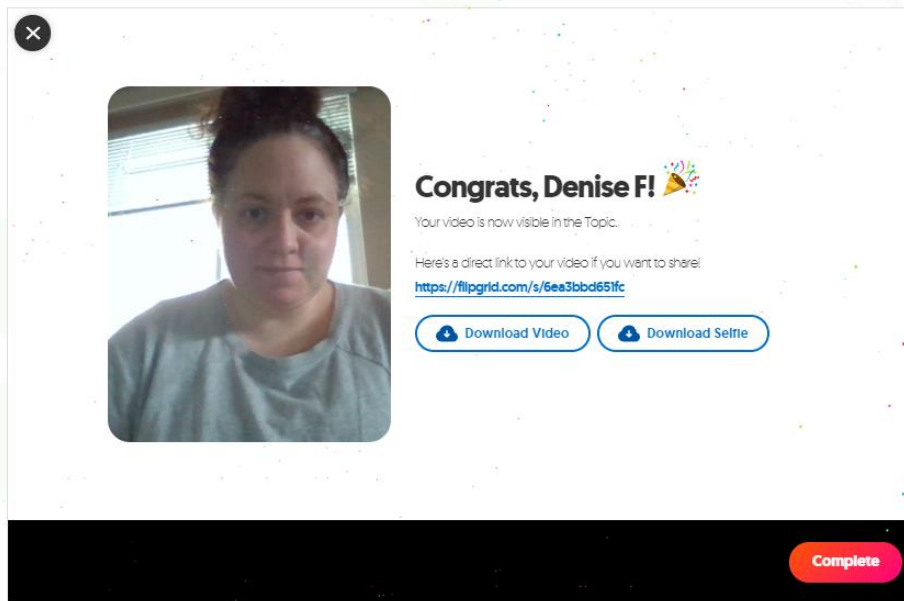
14) Finally, you will submit your video. Fill in the information, including the **QUESTION** you have answered, and click 'SUBMIT.'



A screenshot of a web form titled "Submit your video". On the left is a video thumbnail showing a woman. To the right of the thumbnail are three input fields: "Display Name" with the text "Denise F", "Title" with the text "Question 1" and a character count "10 / 80", and "Link" with the placeholder text "Link (optional)". At the bottom right of the form is a red button labeled "Submit Video".



15) Click on **Complete**. You are now finished with your **FIRST** Question.



A screenshot of a confirmation screen titled "Congrats, Denise F!" with a party horn emoji. It features a video thumbnail of the same woman. Below the thumbnail, it says "Your video is now visible in the Topic:" and "Here's a direct link to your video if you want to share!" followed by the URL <https://flipgrid.com/s/6ee3bbd651fc>. There are two buttons: "Download Video" and "Download Selfie". At the bottom right is a red button labeled "Complete".



16) Now, you will answer your **SECOND QUESTION**. **REPEAT STEPS 9-15** (see above) - but for your **SECOND QUESTION** option. Ms. Ferreira chose to answer Q3.



17) Once both reflections are done, please **GO BACK TO TEAMS** and “hand in” your video assignment. You won’t be attaching anything to it - it will just let us know that you’re finished.

Congratulations! Your reflections are finished!