

A 'Day in the Life' Profile – instructions

Inspire young people, help influence their future careers and make their mark on the world, by creating a *Day In The Life* profile. Just answer up to 8 questions (below) to give a young person insight and advice in to your area of work.

Step 1: Answer the below questions, to camera*

Please tell us a little about you – name / job title / a summary of your position.

How did you get the job? (your background, previous roles, education etc.)

What does a typical day look like for you?

What is the most memorable moment of your career?

What is the worst part of your job...

What is the best part of your job...

What are the key skills / attributes needed in your role?

What advice would you give to someone looking to go in to a similar role? Is there something that students can do right now to help them to develop skills, or gain experience, that would help them if they were looking to get to where you are today? i.e. start building a portfolio, listening to relevant podcast, researching a topic, online training etc.)

Step 2: send your video/s to Georgie Butler via Whatsapp on [07772431527](tel:07772431527) or via email georgina.butler@aldridgefoundation.com along with a photo of yourself and any notes you may have jotted down when thinking about your answers, so that we can also create a written profile for any students who may have hearing difficulties.

Step 3: Invite 5 friends or colleagues to participate

**Tips for Recording*

Recording on an iPhone should work quite well. If the phone is placed in a fixed position somewhere, rather than someone holding it, it will avoid any movement whilst recording.

Film landscape.

Avoid back lighting.

Keep your video to a maximum of 10 minutes.

Please remember to that your video is being produced for a young audience (14-18 years old) and language should be appropriate.

If easier, record your answer to each question separately and send the individual videos to Georgie who will put them all together to create the final video.

By submitting a video, you are giving the Aldridge Foundation permission to publish the video on their website and other social media platforms however you can request that your video is removed at any time by emailing georgina.butler@aldridgefoundation.com