



Choose AmeriCorps Video Series | Participant Submission Guidelines

Overview

This document outlines submission guidelines for the “Choose AmeriCorps Video Series.” The series is a component of the “Choose AmeriCorps campaign,” designed to showcase the perspective of Americans who choose to serve. All submissions will be reviewed and may be featured on one or more AmeriCorps digital channels as part of the series.

The below instructions are intended for AmeriCorps members, alumni, and AmeriCorps Seniors volunteers who would like to share how choosing to serve made a positive impact on their life. Grantee, program, and/or partner staff can also provide submissions on behalf of their members, volunteers, and/or alumni (with the individuals’ permission). All organizations planning to contribute submissions are highly encouraged to contact AmeriCorps’ social media team for amplification opportunities at socialmedia@cns.gov.

General Guidance

- **How to submit files**
 - Use [this Box Link](#) to submit video and photos described in the instructions below.
 - Please use this naming convention for all files you submit:
 - **FullName_AmeriCorpsAffiliation_ProgramName_FileXofX_Date**
 - **Ex 1:** AnaSmith_ACMember_CityYear_1of6_March20
 - **Ex 2:** KevinSmith_ACALumni_AmeriCorpsNCCC_1of5_March20
- **Submission Timeline** To be considered for the series, all video, photos, and information documents outlined below must be added to Box by **September 1, 2023**.
 - Submissions will be reviewed on a rolling basis. The earlier submissions are received the more likely they are to be reviewed and featured as part of the series.
- **Submission Requirements**
 - Incomplete submissions will not be featured.
 - Please review each submission component outlined (below) and ensure your submission includes the following:
 - **Profile** (one document file)
 - **Video** (one video file minimum)
 - **Photos** (three photo files minimum)

Submission Components

- **Profile:** Submit a word (or .pdf) document with the following information about the member, alumni, volunteer ft. in the submission:
 - **Name and Email Address** of member, alumni, volunteer



- If submitting on someone's behalf, please include your name and email address as well.
 - AmeriCorps/AmeriCorps Seniors program(s) **where you serve/served**
 - **Number of terms (or years) you served** with AmeriCorps/AmeriCorps Seniors
 - Other details you'd like to share relevant to your story, for example:
 - You now work for the organization where you served
 - You met your spouse/best friend/mentor because of AmeriCorps
- **Video:** Record a **10-15 second vertical video** on your phone sharing how choosing AmeriCorps positively impacted your personal and/or professional journey.
 - **Watch these examples:** [Bryant](#); [Stedmond](#); [Cleo](#); [Caleb](#) to help frame your story.
 - **Video content:** Please align your story with one of the below prompts and incorporate a version of the phrase into your script.
 - **Video Prompts:** Serving with AmeriCorps helped you:
 - Find your voice
 - Find your people
 - Find your purpose
 - Unleash your passion
 - Do what you love
 - Follow your dreams
 - Lift up your community
 - Tap into your potential
 - Change your life
 - **Reminders for Recording your video**
 - Please wear AmeriCorps gear or have branding visible in the video.
 - Please record the video in a quiet, well-lit area, with a neutral background.
 - Please be sure to remove any branded items from view (e.g., coke bottle).
 - If you don't have a ring light, try standing in front of a window to ensure you have adequate lighting.
 - Be sure to position your phone vertically when recording.
- **Photos:** Include **3-5 photos** of you during your service year(s). You can also include **1-3 photos** of you at alumni reunions, service days, etc.
 - **Photo quality:** Please do not submit photos that are pixelated, blurry, or less than 500 pixels in height and width. For each photo, please select the highest resolution for your submission.