Tell us your story!

In this series of video self-interviews, alumni answer rapid-fire questions about their time at UMD, careers, and life journeys. This is one way for alumni to inspire our current students and talk about their value of Public Health degree - whether they followed a "traditional path" or not! Alumni Hotseat videos are featured on SPH's social media platforms and website.

Instructions:

1. Choose a technology for recording. Smartphone cameras, computer webcams, and dedicated video cameras are all suitable devices. We recommend platforms such as smartphone "camera" applications, "Camera" programs on Windows/Mac operating systems, Skype, WebEx, Microsoft Teams, and Zoom.
2. Choose a topic and three questions on the following page to answer. We will edit the video to be sure that viewers know the questions you are answering.
3. Now record! Please introduce yourself, including your name, degree, graduating class, and if applicable, title and company.
4. Remember, this is rapid fire! Keep your video 2-3 minutes long.
5. Upload your video **here** (MP4, MOV, FLV, and AVI are all accepted file types).

Tips and Tricks:

1. Check out **this video** for suggestions from a UMD pro on making videos from home.
2. Be sure your lighting is face-on. Avoid lights right above or behind your head
3. Clothing: Solid colors or spirit wear work best!
4. Answer as naturally as possible. We know you're interviewing yourself, but try to show your personality! Tell some anecdotes.
5. Have someone else film you if needed.

Questions?

Contact: Gretchen MacNeill, Development Program Manager, at gmac@umd.edu or (301) 314-0775

Alumni Hotseat: Questions

Choose a topic and *three* questions to answer in your video:

🎓 University

- Why did you decide to study your major in Public Health?
- What (Who) were some of your favorite classes, professors, or project
- How do you think UMD prepared you for your future?
- Do you have a favorite story or memory from UMD that you like to tell?
- If you could do it all over again, what would you change?

🧍 Personal Life

- What is your favorite non-work activity or hobby?
- Who is your biggest inspiration and why?
- What about you surprises most people?
- What is something you are passionate about?
- What is something you could not live without?
- Tell us about a current project - perhaps a public-health related community service project!

💼 Career

- Tell us about your job and your day-to-day duties.
- How did you become interested in your line of work?
- How did your degree prepare you for this position?
- What is the most exciting part about being in a public health space?
- What advice would you give to public health students today?
- Tell a story about a defining moment in your career.