

Chapter 2

Applying in a digital world of work

Annex 9 - Self-assessment checklist: How did I carry out my video CV?

1.	My planning for the video CV shooting was...	Poor	OK	Very good	Top!
	<p>What did I do the best?</p> <p>What did I do the worst?</p> <p>What could I improve the next time?</p> <p>Ideas:</p>				
2.	My elevator pitch (knowledge, competences, skills, passions, past experiences, dreams) was...	Poor	OK	Very good	Top!
	<p>What did I do the best?</p> <p>What did I do the worst?</p> <p>What could I improve the next time?</p> <p>Ideas:</p>				
3.	My interpretation of the video script was...	Poor	OK	Very good	Top!
	<p>What did I do the best?</p> <p>What did I do the worst?</p> <p>What could I improve the next time?</p> <p>Ideas:</p>				

4.	The overall quality of the video CV (lighting, quality of the image, quality of the sound, distances and proportions, colours) I made is...	Poor	OK	Very good	Top!
<p>What did I do the best?</p> <p>What did I do the worst?</p> <p>What could I improve the next time?</p> <p>Ideas:</p>					
5.	In relation to the number of mistakes (typo, spelling errors, mispronunciation, words selection, etc.) I made my video CV is...	Poor	OK	Very good	Top!
<p>What did I do the best?</p> <p>What did I do the worst?</p> <p>What could I improve the next time?</p> <p>Ideas:</p>					
6.	After producing the video CV my ability to use video- and image- editing software is...	Poor	OK	Very good	Top!
<p>What did I do the best?</p> <p>What did I do the worst?</p> <p>What could I improve the next time?</p> <p>Ideas:</p>					

7.	Having worked at my personal and professional “branding” now my self-awareness jobwise is...	Poor	OK	Very good	Top!
	What did I do the best? What did I do the worst? What could I improve the next time? Ideas:				

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