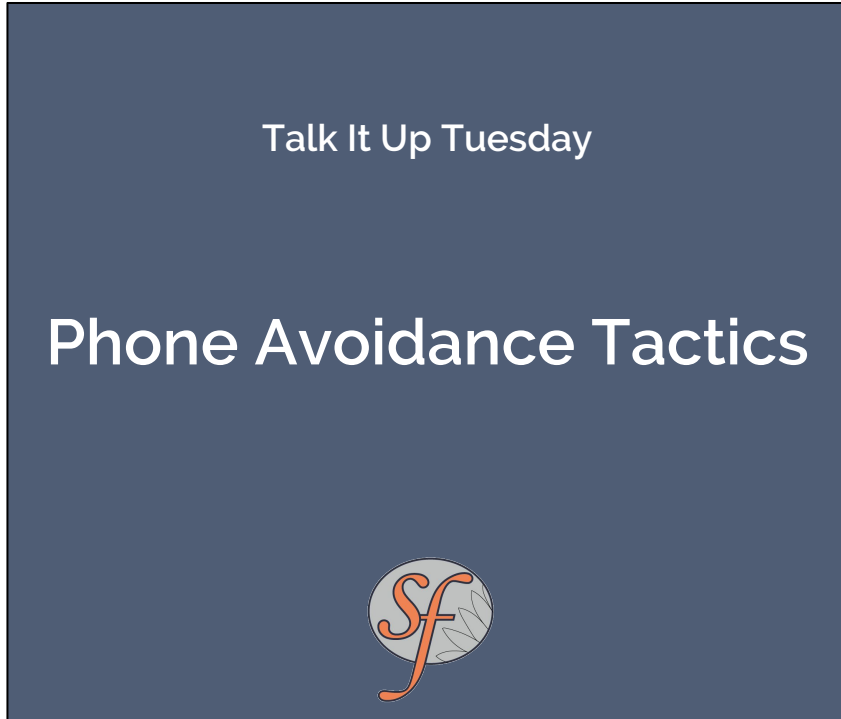


Project 3 Storyboard

Video Podcast



Title Screen

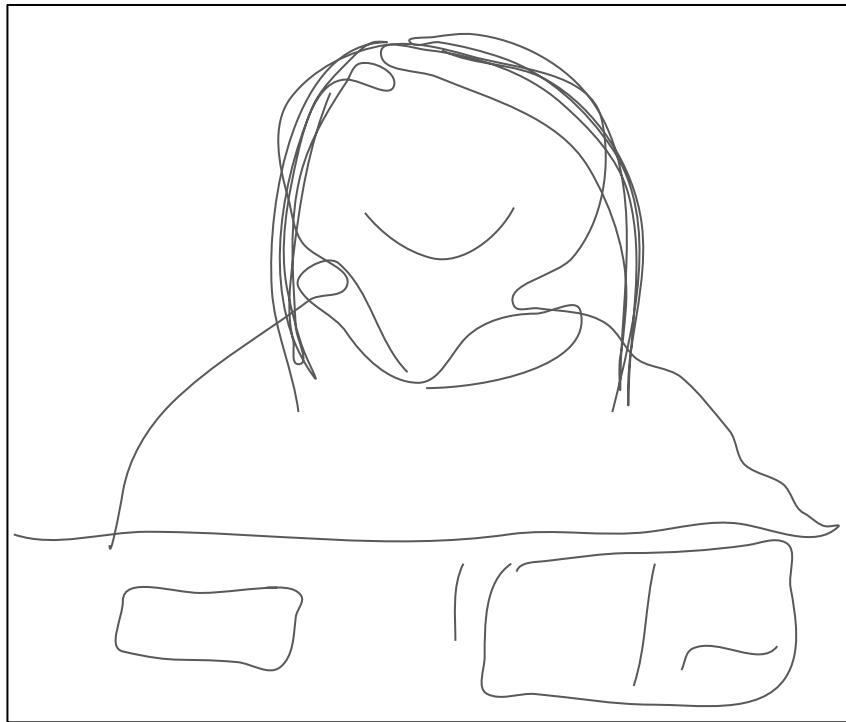


Visual: Logo and title, fade in name of episode, #4F5D75 plain background, white text

Audio: Mic check sound download (freemusicarchive.org), customize a bit through audacity to personalize

Other:

Overview



Visual: Self-recording (100%), dark neutral background with natural lighting foreground, quality check with webcam vs phone camera

Audio: Sound check first with computer mic vs portable mic

Full script draft next slide... Full read through just under 2 minutes, record in 5 separate parts and compile together.

Other: Have cell phone handy for nonverbal gestures. Notebook/pen nearby and visible. Dress nice, wear work polo.

Script (Draft)

Part 1: "Hello and welcome to today's episode of Talk It Up Tuesday, where we'll be sharing some phone avoidance tactics for helping keep focus on your work and off your phone."

Part 2: "Ironically, your phone can help you stay off your phone... one tip is to just power turn it off. Completely. If you don't feel comfortable completely turning off your phone, you can also turn off just the sound using the volume controls. That way when someone likes your last Facebook post or your cousin texts you wanting some money, your focus isn't thrown off your work from those silly notification sounds."

Part 3: "Another tactic, there's an app for just about everything. Try doing a search for 'ways to stay off your phone' or something like that. Tons of options out there, but one of my favorites is called "Forest". Forest is an app that will start growing a tree on your screen, then if you try to get back into your phone before you're done working, you kill your tree! Simple, but effective."

Part 4: "Other tactics to help you stay off your phone involve proximity. If your phone isn't within easy reach, that can also help you stay focused on your work. Put it across the room, inside a zipped up pocket, on the charger in the kitchen, somewhere you can't see it and be tempted to check in. Or just hand it over to someone you trust and say - don't let me have that until I'm done. That way if you do get an important call or something, your personal assistant can help you out."

Part 5: "So, turn it off, turn it down, find an app, put it away, give it away - lots of ways to help you avoid your phone and keep your focus on your work. If you have any other tactics you'd like to share, we'd love to hear from you! Thanks for listening, and have a good one."

Part 1

Visual: Hand gestures to point to “work” and “phone” when cued

Audio: “Hello and welcome to today’s episode of Talk It Up Tuesday, where we’ll be sharing some phone avoidance tactics for helping keep focus ***on your work*** and ***off your phone.***”

Part 2

Visual: Hand gestures cutting “off” and show phone to point to “volume controls”. Use hands thumb and forefinger to ‘list’ the two examples of notifications.

Audio: “Ironically, your phone can help you stay off your phone... one tip is to just power ***turn it off.*** Completely. If you don’t feel comfortable completely turning off your phone, you can also turn off just the sound using the ***volume controls.*** That way when someone *likes* your last Facebook post or your cousin *texts* you wanting some money, your focus isn’t thrown off your work from those silly notification sounds.”

Part 3

Visual: Hands out for “everything”.

Show actual example of Forest on cell phone screen during explanation.

Audio: “Another tactic, there’s an *app* for just about *everything*. Try doing a search for ‘ways to stay off your phone’ or something like that. *Tons* of options out there, but one of my favorites is called “Forest”. Forest is an app that will start growing a tree on your screen, then if you try to get back into your phone before you’re done working, you kill your tree! Simple, but effective.”

Part 4

Visual: Figure waggle for “proximity”. Point to “work”. Thumb towards “across the room” other way for “kitchen”. Actually hand over phone to “helper” off camera, smile secretively for “personal assistant”.

Audio: “Other tactics to help you stay off your phone involve **proximity**. If your phone isn’t within easy reach, that can also help you stay focused on your work. Put it across the room, inside a zipped up pocket, on the charger in the kitchen, somewhere you can’t see it and be tempted to check in. Or just hand it over to someone you trust and say - don’t let me have that until I’m done. That way if you do get an important call or something, your personal assistant can help you out.”

Part 5

Visual: List each of the 5 tactics on hand as they are voiced. Thumbs up for “hear from you” with a smile! Wave for “have a good one”.

Audio: “So, turn it off, turn it down, find an app, put it away, give it away - lots of ways to help you avoid your phone and keep your focus on your work. If you have any other tactics you’d like to share, we’d love to hear from you! Thanks for listening, and have a good one.”

Closing Fade

Visual: Slow fade out, eyes off camera to helper with hand out for audio ending. Fade into opening title screen. End when 100%.

Audio: “Can I have my phone back now?” Replay jingle, align so end is with title screen fully faded in.