



STEM FOR
CHANGE



ApplyBoard

STEM for Change Scholarship

Open to all women applying via the ApplyBoard Platform to study a STEM (science, technology, engineering, and mathematics) program, starting in the Fall 2021 intake, at a Canadian educational institution (college or university).

Eligibility - Applicants must:

1. Apply to study STEM at a Canadian partner school via an ApplyBoard recruitment partner or ApplyBoard direct, receive an LOA, obtain a visa, and (subsequently arrive in Canada if possible at the time and commence the Fall 2020/21 term on time for the Fall 2021 intake).
2. Submit the merit-based component for judging (a video following the requirements outlined below) demonstrating their commitment to advancing women in STEM through education.
3. Complete a release consenting to allow ApplyBoard to use their name, photo, video submitted, name of program studying, name of institution studying at, and country of residence at the time of application to promote the scholarship program during and after the program across digital mediums and in Marketing materials.

How to apply:

Submit a **2-4 minute** video in English expressing:

1. Introduce yourself and why have you chosen to study in STEM (Science, Technology, Engineering, Mathematics)?
2. What does it mean to you to be a woman and an international student studying STEM in Canada?
3. How do you plan to use your education to advance/support other women in STEM?
4. Advice you have for women interested in studying STEM abroad.

Students must submit their application to study a STEM program at a Canadian ApplyBoard partner school and submit their video for judging by **July 30, 2021**.

Submission details:

1. STEM for Change Application page: <https://www.applyboard.com/discover/stem-for-change>
2. Follow the instructions on the page to submit your video application.

Best Practices for **STEM for Change** video

Video Recording Devices

Use the best quality camera you have.

Example:

- Computer with webcam:
 - You can install video capture software like Quicktime Player for free:
 - iOS: <https://support.apple.com/en-ca/guide/quicktime-player/welcome/mac>
 - Windows: <https://support.apple.com/kb/DL837>
- Video Camera
- Smartphone or Mobile phone or Tablet (Recommended)
 - Take video from Camera app. Choose video from the photo gallery to submit.

Film landscape mode (horizontal), not portrait mode (vertical).



Not good ❌



Best ✔✔

Camera Positioning And Framing

- Ensure that the camera is positioned in front of you, centered, and within 1 arm lengths away.
- Try to position the camera so your eyes are level with the lens and you are centered in the frame - directly facing the camera. We want to see you and hear you, but have fun with it.



Not good ❌



Not good ❌



Better ✔

Background & Lighting

- Consider the potential visual obstructions, like distracting lights or objectives, busy patterns, clothing, harsh lighting, etc.
- Consider objects in your background that can be distracting, please move them if possible
- If you are using natural light from a nearby window, position your body so that it is facing the light.
- Cameras work best in environments that are well lit. If you usually work in a dimly lit room, consider moving your laptop or other camera to a room that will have more light or natural light, at the time of recording



Not good ❌



Better ✔



Best ✔✔

Audio

- Consider the potential audio obstructions, like a noisy air conditioning system, street level traffic, background radio or television, ringing telephones, children and pets, echoing etc.
- Consider the importance of good sound in a quiet atmosphere, ideally from a microphone such as built into headphones or a usb microphone vs. the built-in laptop or smartphone option.

Appearance

- Please dress appropriately, as you would for any interview. Solid colours are best.
- Please style your hair/makeup, as you would for any standard work day.
- Avoid wearing any full white or black outfits or clothing that has extreme patterning (ie. stripes), as this can cause strange motion to appear on camera.
- Avoid wearing any visible logos and branding.



Good ✔

Video Checklist:

Mobile Phone or Tablet Camera	<ul style="list-style-type: none"> □ I am recording myself landscape, not horizontal. □ I have my phone set up on a stable setting, such as a tripod, rather than holding device in my hands.
Camera Positioning	<ul style="list-style-type: none"> □ I have a functioning camera, be it mobile phone, tablet, laptop or camera recorder, which is centred in front of me, somewhat in line with my eyes □ I am framed in the centre of the camera, looking directly at the screen and the top of my head is not cut off or too much space above my head. You may need to adjust your frame before recording.
Audio and Microphone	<ul style="list-style-type: none"> □ I am alone in a quiet room free of distracting ambient sounds □ I have headphones or a headset with built-in microphone I'm able to use
Lighting	<ul style="list-style-type: none"> □ I am seated in a well-lit room □ I have considered that the main source of light should be in front of me, ie. a window or lamp, not behind me.
Background	<ul style="list-style-type: none"> □ I have mitigated any visual or auditory pollution, like noisy traffic, background radio or tv, or harsh lighting like an overhead room light (ie. not in a cafe or public area) □ I am not up against a wall; there is depth in my background.
Appearance	<ul style="list-style-type: none"> □ I am aware that I will be visible on camera and have considered my appearance for the video session. □ I am wearing appropriate clothing, which excludes any clothing with patterning and visible brands and logos.

