

## Rutgers Youth Enjoys Science RUYES Program – Video Response Prompt

As part of Phase 2 of the RUYES application (students), we invite you to **record a short video (approximately 90 seconds)** in which you introduce yourself by stating your name, school, and major (intended) if applicable. Then, expand upon **one** of the three areas listed below. This video should give the selection committee a sense of your personality, passion, and communication style beyond your written essay.

**Please choose one of the following prompts to respond to:**

- **Learning and Growth:** Describe your most impactful learning experience—academic or personal—and explain how it has shaped your interests, skills, or approach to learning.
- **Goals and Aspirations:** Discuss your long-term educational and career goals and explain how participation in the RUYES program aligns with these objectives.
- **Research and Community Impact:** Explain what you hope to gain from the RUYES research experience and how it will help you advance your professional goals while contributing to reducing cancer health disparities within your community.

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### Video Guidelines

To ensure fairness and consistency across all applicants, please follow these parameters when preparing your video:

-  **Length:** 60–90 seconds maximum.
-  **Format:** MP4 or MOV file preferred; horizontal orientation.
-  **Audio/Visual Quality:** Speak clearly and ensure your face is visible with adequate lighting and minimal background noise.
-  **Presentation:** Dress neatly (business casual is acceptable) and maintain a professional but natural tone.
-  **Content:** Speak from the heart — do not read directly from a script. Focus on clarity, enthusiasm, and authenticity.
-  **Submission:** Upload your video to the designated [RUYES Qualtrics portal](#) with a shareable link (e.g., Google Drive, Dropbox, or YouTube – unlisted).