

Videos Reflection

What is the learning purpose of your video?

- The learning objective of my video was to offer students an educational tutorial-style guide on preparing nutritious meals within tight budgets and time constraints. The focus was on cooking an easy and affordable dish.

Why is video a good medium for this learning purpose?

- Reflecting on my own experience, I find it challenging to solely rely on text recipes. I thought that some of my audience might not have enough cooking experience or simply absorb information better when it is presented visually. Moreover, I believe it is easy to follow and feel like my audience is cooking with their friends!

Which of the principles we've covered this term (e.g., Mayer/Universal Design for Learning/Cognitive Load Theory) did you incorporate into your design and why?

- I tried to be as inclusive as possible by incorporating Universal Design for Learning principles. I paid closer attention to video principles such as adding captions, using streaming services and providing descriptions for visual elements. I made sure to have captions available, but also clearly visible by adding background colours. Being a student with English as my second language, I believe I can be more mindful. When I decided to create this video, I considered what I would want if I were the audience. I also focused on the learning outcomes that I wanted to provide the audience with, following Mayer's Coherence Principle (emphasizing that this recipe is for students on time and budget constraints, therefore, the ingredient list is simple). Throughout the video, I aimed to deliver the feelings of cooking with a friend or family member by using a casual and friendly conversational tone, in line with Mayer's Personalization Principle.

What was challenging about capturing your own video?

- The most challenging aspect of capturing my own cooking video was filming everything myself without any professional equipment. While juggling my phone in one hand and cooking with the other, I faced the challenge of keeping the cooking visible on the screen while ensuring the recording remained steady. Additionally, I had to constantly remind myself that I was creating an educational video. This meant slowing down my pace to ensure clear step-by-step explanations while also avoiding burning my food (haha). There were many other factors to consider, including lighting, cooking noise, camera angles, and even smoke from cooking. Moreover, I went through 2 whole blocks of soft tofu and 4 eggs because the outcome of my video was not satisfying. Although I had my script ready, it was difficult to read and cook simultaneously. It was much harder than I expected!
- Since English is my second language, I noticed that there were some grammatical errors in some parts of the video. This often happens when I am nervous or have to freestyle

what I am going to say. Although the script was pre-written, it was very challenging for me to speak word by word of what I had prepared.

- Another challenging aspect was the noise that was out of my control. Before filming, I kindly asked my roommate to remain quiet and minimize any disturbances. However, I couldn't control the noise from my neighbours. I live in a quadra-plex, which means there's more noise around me, and the proximity of each unit is very close to each other. As I was watching the recording, I also noticed that the sound of cooking was louder than my voice. I tried to adjust the volume of the video, but unfortunately, I couldn't adjust the cooking sound and my voice separately.

What did you find easiest?

- Honestly, nothing about the process was easy. It required a lot of practice and preparation. I filmed myself several times in advance, experimenting with different lighting setups and camera angles to find the perfect spot. Cooking is something I genuinely enjoy; it's my love language! So, naturally, I approached this assignment with enthusiasm and passion. If I were to choose the easiest aspect, it was adding captions to the video. I tried a couple of different platforms to edit the video. Initially, it was quite difficult to determine when the captions should appear in relation to different parts of the video. I couldn't figure out how to adjust the timing for the text to appear accurately. I spent a considerable amount of time editing and adding captions to ensure they were visible. After the third trial, I eventually found an application that perfectly generates captions corresponding to each part of the video. With the advanced technology, editing was time-consuming, but it was fairly straightforward and easy.

How would you approach capturing video differently next time?

- I would love to professionally learn editing to improve the video quality. Especially for cooking videos, I believe it is more effective when the food being cooked is zoomed in, enabling the audience to see it more clearly. Also, I would probably use bigger electronics such as an iPad since it gives me a larger screen to see everything being recorded. Also, I would ask my roommate to help me film this. I thought this had to be done alone, which posed challenges for filming flawlessly. In terms of content, small details make a significant difference in quality. Using some type of microphone would enhance the audio quality. Lastly, I would do more practice runs before filming so that I feel more confident and comfortable in front of the camera.