



Examination of My Student Mental Health Film Project

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Summary

I am making an audiovisual work where I incorporate sound and videography together. A short film if you will that instills powerful message within the body of work. Its purpose is to help people who struggle with mental health. It is mainly centered for college students specifically and why it matters.

Description

The person that is going to be involved to plan, create, and present the project is myself. I want this to be a complete individualized piece of work that showcases my voice. This is going to be a really endearing work because the message is a lot more direct since it's coming from my own perspectives of my battles with stress.

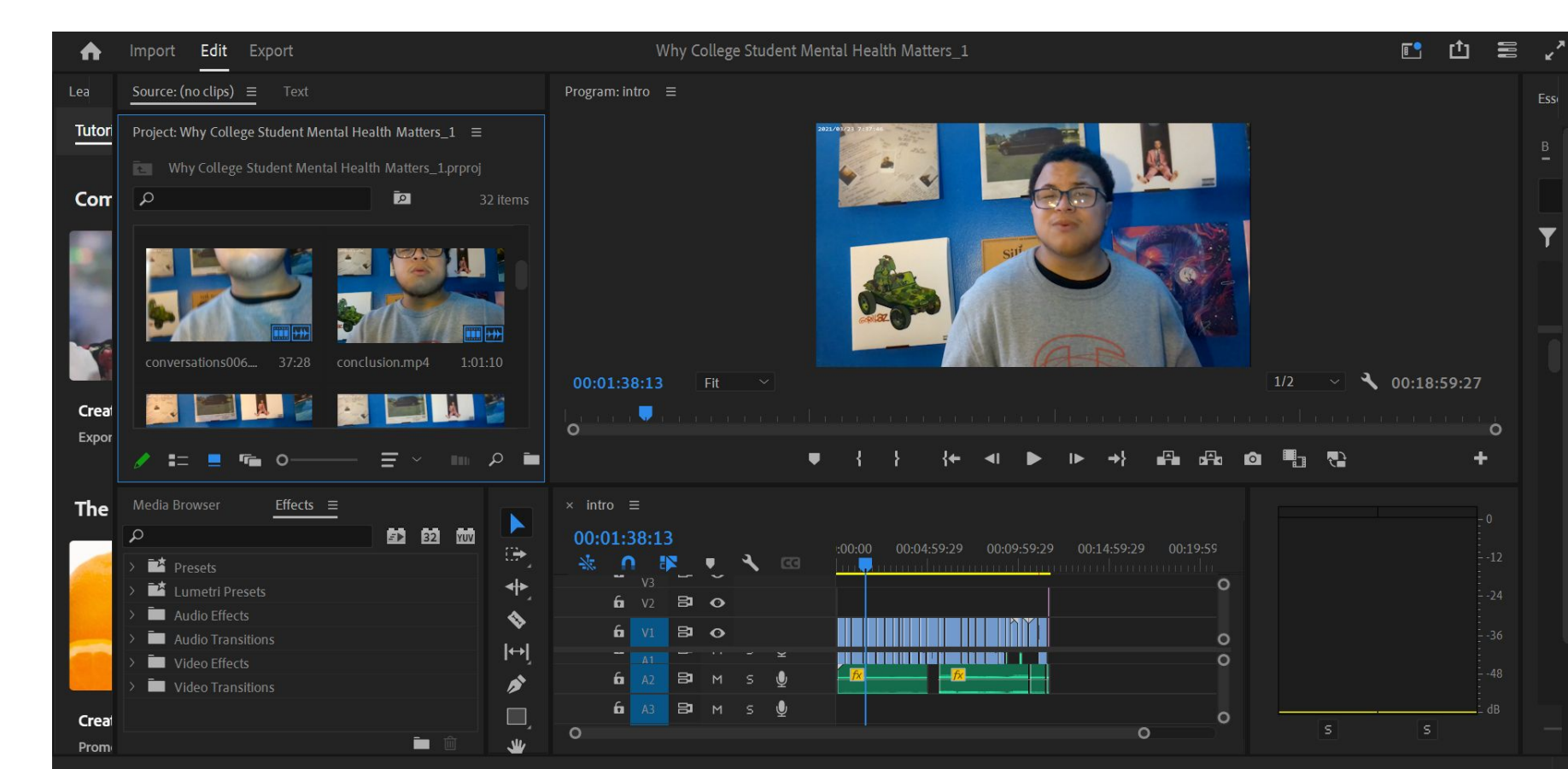
The Process

In order to have this audiovisual project come into fruition, I definitely need an application perfect for audiovisual work.

I am going to be using Adobe Premiere as a way to complete my work for this project. Considering that a free subscription from Adobe Creative Cloud is given to CUNY Students throughout the four years, I have been taking advantage of that software including Adobe Audition which I have been using for my concentration courses.

After taking a Sound for Multimedia course, I learned different methods of video and audio editing such as ADR. ADR is the process of incorporating your own audio into a pre recording and this is one of many methods that I will definitely be using.

Premiere Interface



Methods

- I am using the skills that I've learned throughout the years about Adobe Premiere in order to
 - Edit the short film that I am making by compiling edited clips together
 - Incorporating ambient music and ADR
 - Having both the music and film sync up together

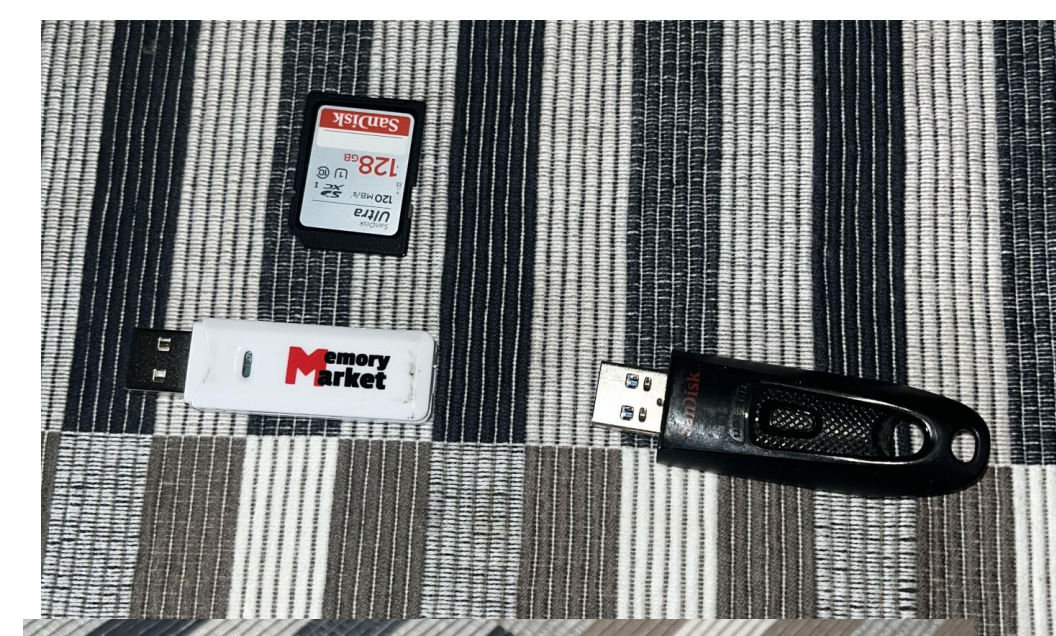
Required Resources

I will be using Adobe Audition for the sound editing and Adobe Premiere for the video editing. Moreover, I will be using a shot list and a script in order to help structure my ideas better.

Budget and Materials

Materials	Material Price	Material Link
4K Camcorder	\$65.99	https://www.amazon.com
Tripod	\$25.99	https://www.amazon.com
USB SD Card Reader	\$4.99	https://www.amazon.com
128GB USB Drive	\$11.79	https://www.amazon.com

Totals	Values
Total Materials	4
Total Hours	90
Total Cost	\$108.77



Schedule

Start Date	End Date	Task	Duration
2/23/2024	3/15/2024	Shoot beginning footage	20
3/15/2024	3/22/2024	Adding edits to the footage using Adobe Premiere	10
3/29/2024	4/5/2024	Adding additional shots to the film	20
4/22/2024	4/30/2024	Find background music, edit it on Audition, then edit audio on Premiere	15
5/3/2024	5/10/2024	Finish the final touches to my presentation(adding the final video in)	15

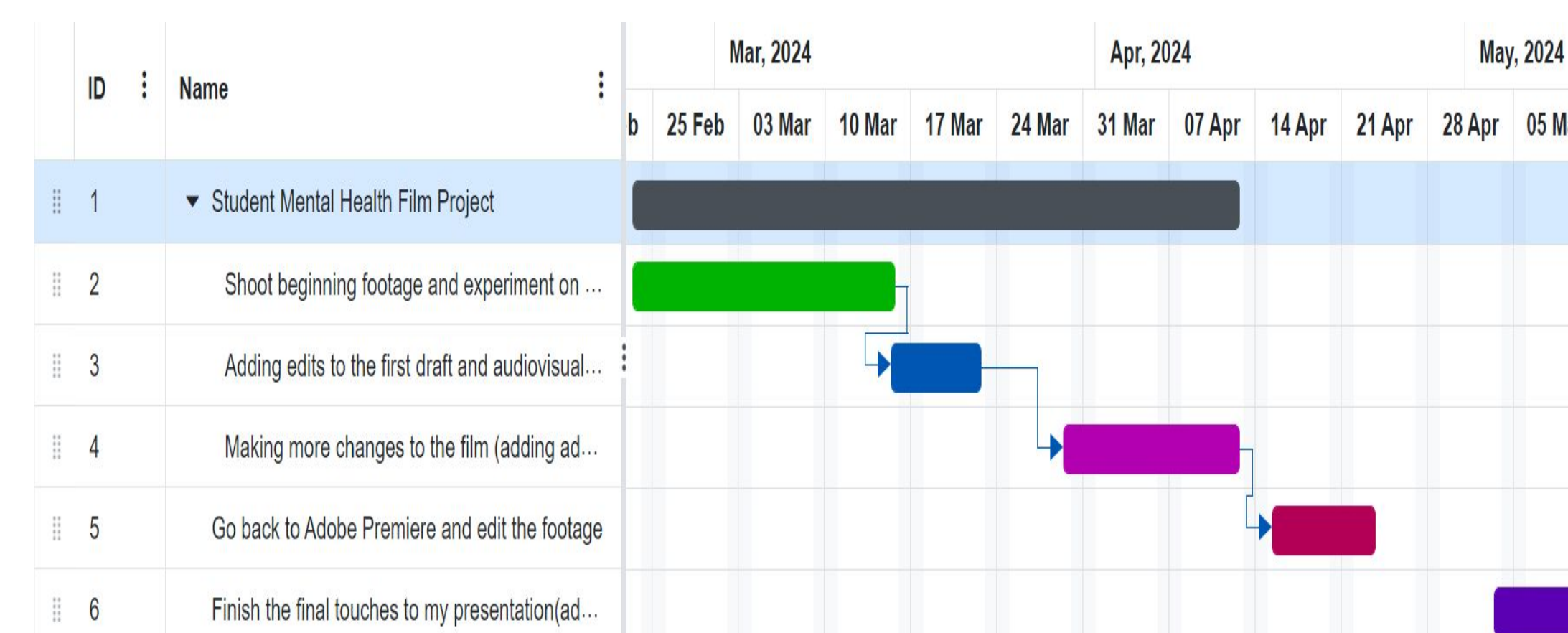
Shot List

DATE:	4/1/2024
PROD. #:	1
PRODUCTION TITLE:	Why College Student Mental Health Matters
DIRECTOR:	Angel Padilla
PRODUCER:	Angel Padilla

SHOT LIST

SHOT #	SCENE #	TYPE OF SHOT	ONE LINE DESCRIPTION	
1	1	CS	Intro is filmed, the topic of the film is revealed	2/25
2	2	CS	Introducing how my perspectives will help out	3/15
3	3	CS	Talking about the adversity of the pandemic	3/15
4	4	CS	Talking about transition online to in person courses	3/15
5	5	CS	My friend's perspectives on the pandemic	3/15
6	6	CS	Explaining how the relatability made me feel better	3/15
7	7	CS	Encouraging message/introducing destressing tips	3/15
8	8	CS	Introducing destressing tips	3/15
9	9	ES	Talking about daily walks/b roll shots	3/3
10	10	CS	Concluding everything	2/25

Gantt Chart



Results

The main result that I want for this project is to convince people why mental health in general is important. Not only for both women and men, both for us as students striving to get our degree. The plight of mental health isn't necessarily talked about within the field of education and I think that everyone voices matter in that regard.

Conclusion

In conclusion, I strongly believe that my body of work can be able to impact City Tech students. I am really excited to get everything situated with this project and I'm looking forward to making an impactful message in the near future.

Acknowledgements

I would personally like to thank Professors Ryoya Terao, Nikki D'Agostino, and Elliot Yokum. These three pretty much gave me solid feedback as to how I can improve the quality from my movie in many aspects that includes both video and audio. I utilized a lot of the feedback that I received and I was ultimately grateful for the massive creative improvements of my project.

Works Cited

- "QuickTip: Setting up a Tripod" YouTube, uploaded by The Slanted Lens, 25 July, 2017
- "How to Add a Black Screen with Text in Premiere Pro (Fast Tutorial)" YouTube, uploaded by Adobe in a Minute, 22 July, 2019
- "Premiere Pro: How to Add Transitions Between Clips" YouTube, uploaded by Adobe in a Minute, 11 February 2021