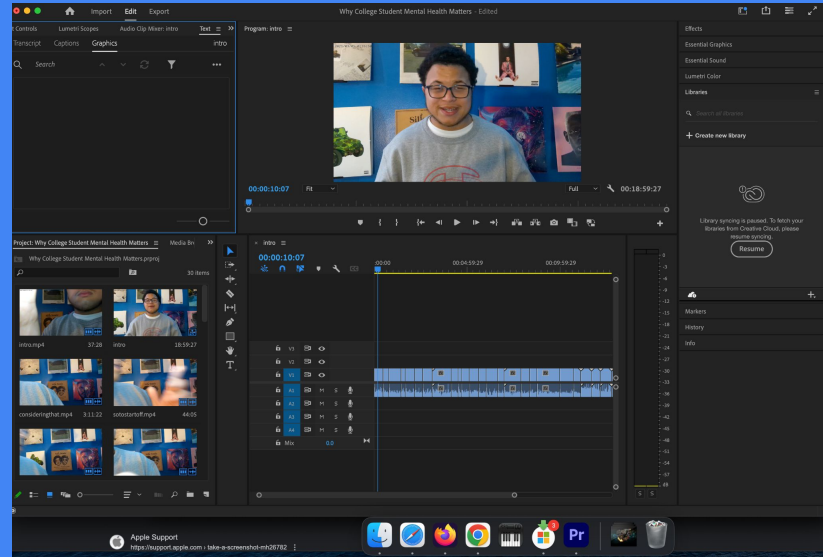


My College Student Mental Health Film Project

By Angel Padilla

Introducing Myself and My Project

- My name is Angel Padilla
- Rising Senior
- Emerging Media Major with a concentration in Music Technology
- Wanted to make a film project that incorporates my passions in both music and video technology
- Topic of the film: why college student mental health



Intro

Hello everyone, I hope you guys are taking care of yourselves mentally. My name is Angel Padilla, it's nice to meet you all, and welcome to my film project. In this film project, we will be discussing the topic as to why student mental health is essential in this current educational transition that I'm in. Being that I am a rising Senior and my major is Emerging Media Technology, I figured I incorporate my passions in creatively expressing myself, whilst incorporating an altruistic message. So the whole topic of this film is going to be a PSA essentially as to why you, along with so many other people on this planet, aren't alone in the adversity that they face.

Considering that I myself am a rising Senior in the New York City College of Technology, I think breaking down stress in a multitude of ways can help foster healthy discussion. And I figured that incorporating my own perspectives as to how I can handle stress can ultimately make for an emphasizing argument.

Body 1

So to start off, considering that I was a freshman around 2020 when the pandemic started. My stress did occur simply based on the anxiety that I had when trying to meet up with the expectations that a student at college should have. So for example, turning in assignments on time, wanting to get a good grade, or always being attentive in class. All of these things have resulted in horribly sleep patterns, anxiety, and fear of missing out which then led to a lot of stress in my life. And I want to platform these thoughts because I believe that so many other college students have gone through the same adversity that I have too.

And I think it's important to platform these thoughts and discuss them because being a part of the class of 2024, I think I can speak for everyone where the transition of going from online to in person was relatively challenging.

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

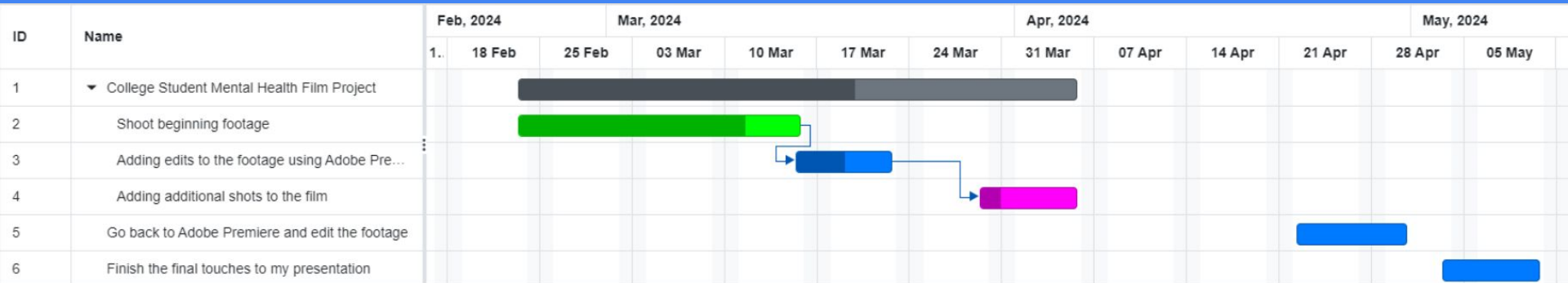
SHOT LIST

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

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		



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



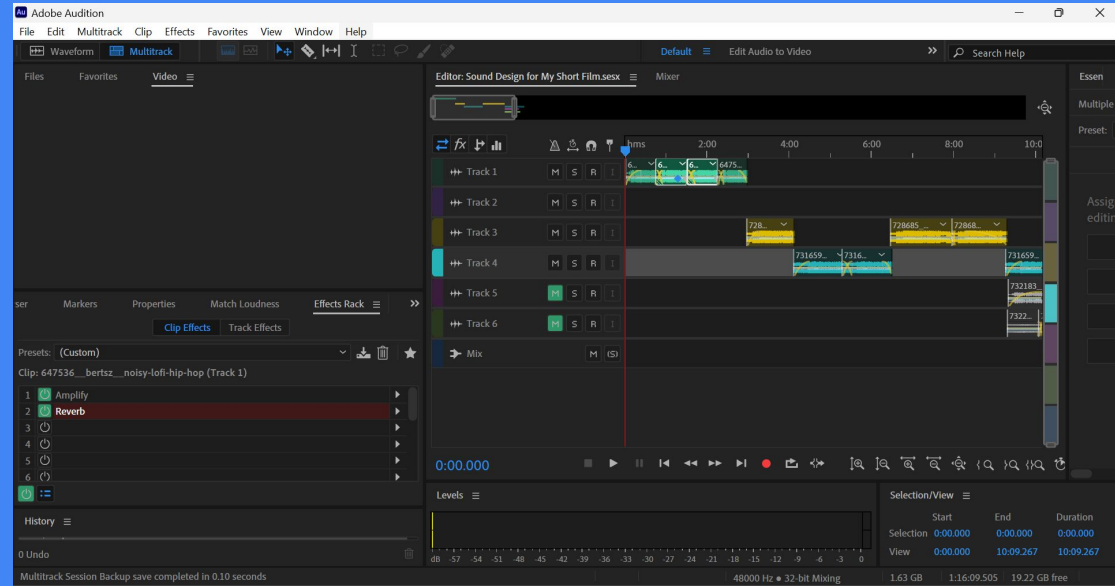
What Is My Project Willing To Offer?

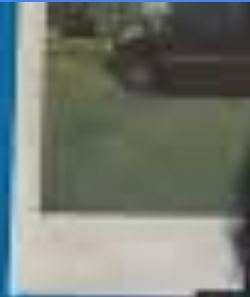
- An altruistic message that helps foster better mental health discussion
- Shining a light on what I, along with so many other college students, go through on a daily basis
- Introducing several methods that I use in order to calm down during situations of heavy stress.



Technical Aspects That Were Utilized

- ADR
- Freesound
- Audio Effects
- Adobe Audition
- Export the .wav file and drag it onto Premiere
- Audio Mixing





How Can I Apply This In My Future

- I genuinely see myself becoming a filmmaker one day .
- The creative process of this project helped me to better understand the UI of Adobe applications
- Improvement in video and sound editing skills.





THANK YOU

