



APPENDIX No. 6

To the CEMS MIM Selection Rules & Regulations for the 2025/2026 academic year (2025 Selection)

SELF-PRESENTATION VIDEO GUIDELINES

(Last update: 5 June 2024)

Since the 2022 Selection, we have replaced a candidate's letter of motivation with a 2-minute, self-presentation video, that all candidates are obliged to shoot and make available to the interview jury.

The purpose of that video is to let the jury members acquainted with the candidate and his/her motivation for CEMS MIM programme before the interview session. Thanks to that the jury will have more time to prepare questions but also to use the interview time more effectively and improve the just evaluation of the candidate.

WHAT SHOULD BE THE VIDEO CONTENT?

You must make a self-presentation in English along with the following topics (script):

1. Introducing yourself: your name/surname, age, nationality, SGH major (your study programme)
2. The reason(s) why you apply for the CEMS MIM
3. What is your plan for your future career and how CEMS may advance/boost it?
4. Why should we select you for the CEMS MIM programme – what makes you unique among other students to consider you for the programme?
5. What is your contribution to a more sustainable World

Please ensure your story is consistent with the details in your CV!

HOW LONG SHOULD BE THE VIDEO?

The length of the video shall not exceed 2 minutes (120 seconds)

HOW TO SHOOT/RECORD IT?

It is absolutely up to you. It may be done using your smartphone or any kind of camera with a voice recorder or any other video recording equipment with acceptable quality. It may be a recording using one of the communicators as well.

It is recommended to make the video at the resolution of 720p (480p minimum) with well-recorded sound (clear), possibly without any background noise. The video background is up to you: natural or artificial (gallery). Please make sure, however, that the background is not overloaded with distracting objects, details etc.

WHERE TO UPLOAD IT?

Please upload it in a standard format: preferably MP4 (other common formats are: AVI, MOV, WMV etc.) to YouTube (unlisted video) or Vimeo (link with a password).

There are plenty of websites that guide you step by step on how to upload a video starting with YT and Vimeo tutorials online or browsing guides offered by other universities like:

<https://guides.library.ucsc.edu/DS/Resources/VideoWebUpload>

HOW TO MAKE IT AVAILABLE TO THE SELECTION COMMITTEE?

Please upload a link and password to the movie in the CEMS online application form, in the dedicated fields and save it!

NAME OF THE SAVED FILE WITH A LINK AND PASSWORD TO YOUR VIDEO

To help us collect and identify your file, please save it in PDF format with a name:

Video_XXXXXX_YourSurname, where XXXXXX stands for your Student ID number (number albumu). If your Student ID is 5-digit, please put the digit 0 in front. For example:

Video_012345_Kowalski.pdf

The process of uploading video details is also described in Appendix No. 2 to the Rules.

FINAL REMARKS

1. Don't do it last minute – it is a short video, but time-consuming in preparation and recording.
2. Prepare your CV first
3. Write a script for your presentation before attempting any recording
4. Record it and review it. If you are not fully satisfied, repeat it
5. If you know how to edit your video, you may do that
6. Remember: it is just a 2-minute video, make your story concrete and concise but not monotonic

REMEMBER:

**THE SELF-PRESENTATION VIDEO
IS A MANDATORY COMPONENT OF YOUR ONLINE APPLICATION
FAILURE TO UPLOAD IT WILL RESULT IN THE REJECTION OF YOUR APPLICATION!**

Warsaw, 24 July 2024

CEMS Office
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