Overview

- Project Team: Kevin Brunner and Evan Spillane
- Course: CS 4624 Multimedia, Hypertext, and Information Access
- Client: Professor Douglas Lindner, lindner@vt.edu, 540-818-2541, Virginia Tech Department of Electrical and Computer Engineering
Contemplative Practices

- Refer to practices that include some sort of insight, reflection, admiration, or deeper thinking
- Helps people gain calmer emotions, clearer minds, better decision making, sharper focus, and an improved quality of life
- Popular forms include mediation, yoga, martial arts, Taiji, Reiki, etc
Past Projects

- 2013 - VT Contemplative practice conference interviews
- 2014 - Composite video and website based on 2013 conference interviews
- Our project
  - Description and deliverables
    - Interview various students around campus about their contemplative practice and its impact on their lives
    - Create a composite video summarizing various views for YouTube
  - Expected impact and goals
    - Raise the visibility of contemplative practices on campus
    - Support for developing proposals for contemplative practices
Learning Process

- Previously, we had little to no filming, video editing, or interviewing experience
- Met with Professor David Cline of the history department to learn the basics on the art of interviewing
- InnovationSpace for technical content
  - Advanced Video training course
    - Learned to use video, audio, and lighting equipment
  - iMovie course
    - Learned to edit footage
- Once these tasks were completed, we could finally begin the video itself
Results

- Throughout the interview process, we found students had experience in many different disciplines
- Generally, students feel more relaxed and stress-free after practicing
- Endless benefits for their quality of life
- Students highly recommended that other students try out a contemplative practice
- Performance in the classroom increased directly with practicing
Problems Faced/Lessons Learned

- Finding interviewees
- Convincing random students that it was worth their time to help with our project for free
- Coordinating our schedules with interviewee’s schedules
- Equipment availability
- Originally learning to use the equipment
- Originally learning to edit the footage
Problems Faced/Lessons Learned

- Asking the “right” questions that provide us with the information the client is looking for in the final video
- Making the interviewees feel comfortable enough to open up on camera
- Creating a memorable storyboard
- Editing the video so that it actually captures the attention of viewers, rather than boring them with an interview
Acknowledgments

- Faculty - Douglas Lindner, Matthew Komelski, Jordan Hill, Young Ju, David Cline, Edward Fox, everybody at InnovationSpace
  - Allowed us to film classes
  - Put us in contact with students interested in being interviewed
  - Taught us valuable skills
- We would also like to acknowledge and thank each of our interviewees for their time, but will not list their names out of privacy concerns.
Questions?