

AU MENTAL HEALTH IN SCHOOL VIDEO SCRIPT #1

3 MIN

VISUAL	AUDIO
MONTAGE OF SHOTS AROUND CAMPUS	MUSIC FADE IN
SHOTS OF SCHOOL, SHOTS OF STUDENTS.	VO: THE COVID-19 PANDEMIC EMERGED IN MARCH 2020 INCREASING THE LEVELS OF ANXIETY AND DEPRESSION AND PUTTING A SPOTLIGHT ON MENTAL HEALTH AMONG AMERICANS. IT'S BEEN OVER 3 YEARS AND WHILE COVID IS NOT AS TALKED ABOUT, WE THINK IT'S TIME TO CHECK IN ON HOW THE STUDENTS ARE DOING WITH THEIR MENTAL HEALTH THIS ACADEMIC YEAR.
STATS OF BURNOUT AND STRESS IN UNIVERSITIES	MUSIC UP
OUTSIDE OF SCHOOL OF COMMUNICATION	ON CAMERA: HELLO EVERYONE, MY NAME IS _____. I'M HERE OUTSIDE OF THE SCHOOL OF COMMUNICATION TO TALK TO SOME OF YOU ABOUT THE LEVELS OF STRESS AND ANXIETY AMONG STUDENTS WHILE DEALING WITH THE DEMANDS OF THE ACADEMIC YEAR. LET'S GO!
MONTAGE OF SHOTS AROUND CAMPUS	MUSIC UP
INTERVIEW 1	WE'RE HERE WITH _____, HAVE YOU EXPERIENCED STRESS OR BURNOUT AT SOME POINT THIS YEAR?
	YES, IT'S BEEN A STRESSFUL YEAR... (SOUNDBITE)
INTERVIEW 2	THANKS FOR JOINING... HAVE YOU EVER EXPERIENCED STRESS DUE TO SCHOOL? DO YOU KNOW WHAT CAUSED YOU SO MUCH STRESS AND ANXIETY? WAS IT THE LOAD OF HOMEWORK? OR TIGHT DEADLINES?
	MIDTERMS... (SOUNDBITE)
INTERVIEW 3	HOW DIFFICULT IS IT TO TACKLE SCHOOL WHILE TAKING ON A JOB?
	IT'S A LOT... (SOUNDBITE)

OUTSIDE OF SCHOOL OF COMMUNICATION, ON-CAMERA	ON-CAMERA: STRESS, BURNOUT AND DEPRESSION ARE NOT EXCLUSIVE TO STUDENTS. STUDIES SHOW THAT THREE QUARTERS OF TEACHERS AND PRINCIPALS ARE EXPERIENCING SYMPTOMS OF DEPRESSION. SO, IF THIS IS A SERIOUS PROBLEM, WHAT CAN WE DO ABOUT IT?
B-ROLL OF PEOPLE STUDYING LATE, NOT BEING ABLE TO SLEEP.	VO: MIND AND BODY ARE CONNECTED, SO IT'S DIFFICULT TO TAKE CARE OF YOUR MIND WITHOUT TAKING CARE OF YOUR BODY. INCORPORATING EXERCISE INTO YOUR ROUTINE AND PRIORITIZING SLEEP CAN PREVENT BURNOUT.
B-ROLL OF PEOPLE BEING PRODUCTIVE, ALSO RELAXING.	VO: MOST OF THE TIME SLEEP IS AN ISSUE, IT COMES DOWN TO TIME MANAGEMENT. TIME IS OF AN ESSENCE. ALLOW MORE TIME THAN YOU NEED FOR CERTAIN TASKS AND AVOID PROCRASTINATING.
B-ROLL OF PEOPLE PLAYING SOCCER, DOING FUN ACTIVITIES.	VO: IT CAN'T JUST BE ALL ABOUT MANAGING TIME AND SLEEPING. EVEN THE BUSIEST STUDENTS NEED TO HAVE FUN! MAKE TIME FOR YOURSELF. GIVE YOURSELF A MENTAL BREAK AND DO THE THINGS YOU ENJOY THE MOST. THAT FOR ME IS SOCCER. LIFE IS ABOUT FINDING BALANCE.
OUTSIDE OF SCHOOL OF COMMUNICATION, ON-CAMERA	ON-CAMERA: EITHER YOU'RE A FULL TIME UNDERGRADUATE OR PART TIME GRADUATE WITH A FULL TIME JOB OR A TEACHER, WE ALL NEED TO TAKE CARE OF OURSELVES. ALWAYS CHECK IN WITH YOURSELF AND FOLLOW A LIFESTYLE FREE OF STRESS AND ANXIETY. THIS WILL ENABLE YOU TO BE THE BEST VERSION OF YOURSELF AND ACHIEVE ALL YOUR GOALS. UNTIL THE NEXT TIME, SEE YOU SOON! :)