



Assignment One: Individual Video Summary Report (10%)

Summarize a Video — "Communication Expert: If You Get Anxious Around Other People, WATCH THIS!"

Instructions:

1. Watch the full video **carefully**:

<https://youtu.be/ru44DngJYoA?si=VzFxZ7U5qIu7zktQ>

2. Take detailed notes while watching. Divide your notes according to the different **sections or themes** presented in the video.

3. Write a summary report that includes: (These are the important parts of the assignment)

- ✿ A **brief introduction** to the video and its speaker(s).
- ✿ A **section-by-section summary** of key ideas discussed.
- ✿ The **main lessons** you learned from each part.
- ✿ The **advice or techniques** recommended by the speaker to manage communication anxiety.

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- ✿ Your **personal reflection** on how these strategies can apply to your own communication style.

4. **Length:** 850-1000 words

5. **Format:**

- ✿ Typed, Times New Roman, 12 pt font, 1.5 Spacing.
- ✿ Include your **name, student ID, course title, and date** on the first page.
- ✿ Use proper **paragraphing and headings**.
- ✿ **Save the file as:** YourName_VideoSummary.docx. **(Be Careful)**

6. **Ethical Use of AI:**

- ✿ You **must not use AI tools** to generate your report.
- ✿ Academic integrity must be maintained; AI-generated content will result in **failure in this course**.

Deadline: November 15, 2025 (Monday)

Submission Instructions:

- Submit via email to me by the due date.
- Late submissions will incur a **5% deduction per day**.

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How your assignment is marked

Criteria	Excellent (90–100%)	Good (70–89%)	Satisfactory (55–69%)	Needs Improvement (<54%)	AI / Fail (<50)
Understanding of Video Content (3%)	Demonstrates deep understanding; identifies all major points and insights	Identifies most major points with minor omissions	Partial understanding; some key ideas missed	Shows little understanding of video content	Very shallow explanation
Organization & Clarity (2%)	Well-organized with clear structure and logical flow	Generally organized; minor lapses in coherence	Some organization but lacks smooth transitions	Poorly organized or confusing	Disorganized
Critical Reflection (2%)	Thoughtful reflection; applies ideas to personal/professional context	Some reflection; limited connection to personal experience	Minimal reflection	No reflection or irrelevant content	-
Writing Quality & Language Use (2%)	Excellent grammar, spelling, and academic tone	Minor grammatical issues; good tone	Frequent errors; limited vocabulary	Numerous errors; unclear expression	Extremely poor / AI-generated
Format & Submission Guidelines (1%)	Fully follows all format and submission rules	Minor formatting errors	Several formatting issues	Fails to follow guidelines	-

Good Luck