



# Video Self-Modeling Tutorial

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Sometimes the hardest part about using video self-modeling as an evidence-based practice for individuals with ASD is sitting down and making the video. This page uses video tutorials to show you exactly how to record and edit a video recorded on your iPad (or phone). Follow along with the written instructions below to get started!

Equipment you will need:

- iPad or iPhone
- iMovie – this is a free app for your iPad or iPhone

## iPad Basics and How to Take Video

- iPad has 2 microphones; top and bottom
- Front and rear camera; HD quality
- To start:
  - Open camera
  - Switch to “video”
  - Touch red button to start recording
  - Touch red button to stop recording
  - When done, go to photos, review video taken

## Using iMovie

- Makes video editing easy. Really.
- 3 sections
  - Top right where all the videos show up sorted by date
  - Top left where you can preview videos
  - Bottom half of screen is your project
- In all Apple products + means create something new
- Touch “Project” in top center of screen
- Pick Movie

## Theme and adding video

- Pick theme – choose “simple”
- Top right – where video clips are stored
  - Recently Added-sorted by date
- Touch video you want to add first

- Play video- see on top left
- Add video- click the clip and press the down arrow
  - Do this for each clip you want to include

### **Finishing Touches**

- Touch each video clip
- Look in bottom left corner -5 options
  - Scissors- edit video- puts yellow box around clip. Drag left/right to edit video length. You will be able to see your edits in the top left box
  - Gauge- speed up and slow down- use for more complex clip
  - Speaker- audio adjustment; how loud or soft audio in in each clip
  - 3 circles- add filters
  - Capital T- Adding Text!
- Adding Text
  - Pick “simple”
  - Touch the text, type what you want it to say
- Transitions between clips
  - Touch small square between video clips
  - Adjust transition- if you want smooth set to none
- Touch arrow in upper left corner on “My Movie”
- Main screen: can play or share video,
- Also at this screen you can: change title, share, delete, go back to editing
- Congratulations – You did it!

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## **Resources**

### **How To Videos**

Video #1 - [How to Create a VSM Video on your iPad, Example #1: Shoe Tying](#)

Video #2 - [Example VSM Video: Shoe Tying](#)

Video #3 - [How to Create a VSM Video on your iPad, Example #2: Addition](#)

Video #4 - [Example VSM Video: Addition](#)

### **Article**

[Implementation and Effectiveness of Using Video Self-Modeling with Students with ASD](#)

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