

Prof. Smith-Peter  
HST 718

4<sup>th</sup> Instagram post  
Due March 21

This post will be different. Instead of a photo, I'd like you to create a short video of yourself talking about one of the themes highlighted in the video: disorientation, fear, scarcity, isolation and resilience. It should be around 3 to 5 minutes long. In order to find out how to take a video, do a search on that topic for your type of computer. There is a lot of information out there on how to do that. Then you will upload it to Instagram.

Here's information from Instagram about videos:

<https://help.instagram.com/381435875695118>.

This is just a video of you talking to the camera, so you can create it without a crew. Try to connect your experience with one of the themes above. Simple and heartfelt will be the best.