Video Modeling Cheat Sheet

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| Basic Video Modeling (BVM):* Learner watches a video of an actor other than himself performing a task analysis task
* The learner performs the tasks shown step by step or in the routines entirety after video is played
* Relies on use of a spectator view
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| Video Self-Modeling (VSM):* Involves the learner watching a video of themself

successfully demonstrating the target skill or routine.* The learner then has the opportunity to imitate what was seen in the video
* Relies on use of a spectator view
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| Point-of-View Video Modeling (PVM):* Involves recording a person engaging in the specific skill or routine capturing exactly what the learner will see *through their own eyes* while performing the skill or routine.
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| Video Prompting (VP):* Involves showing a video clip of one step of the task and then giving the learner the opportunity to complete that step before the next step is shown.
* Can be used with a spectator view or PVM
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**Prerequisites:** Basic imitation skills, attending to technology