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 |
| 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 |
| 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. |
| 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 |

**Prerequisites:** Basic imitation skills, attending to technology