# **Video Call Instructions**

Before you go:

* **Familiarize yourself**: review the STEP UP [Project Overview](https://engage.aps.org/stepup/about/overview) and [project FAQ](http://engage.aps.org/stepup/about/faq).
* **Video Call Type:** Figure out what kind of video call/platform you have access to use (such as Zoom, Skype, Hangouts, etc.) and which your high school of choice is using. We recommend using Zoom, as it is browser-based and teachers will not need to download or install anything to run it (there is an optional plugin). A free zoom account can host a meeting with one other person, which will be enough to call a classroom.
* **Find a classroom** to video call.
* **Contact a teacher** to request a video call.
  + You can use the [request template](https://docs.google.com/document/d/1diSZ8plUXLThO4vULX-EvE1c809NTNb9eMUsm83zvlE/edit#heading=h.wdpfo9elw10m) (available at STEPUPphysics.org) as a guide.
* **Remind the teacher** that you’re calling at least a week before.

Be prepared for Technology issues

* Test the technology with the teacher before the actual call, so IT in your school and their school has time to address any issues that may arise.
* Give yourself 10-15 minutes to set up the video call in case issues arise.

Talking Points

* **When you talk to the teacher, your goal is to *get them to register for STEP UP.***
* Helpful talking points are:
  + You have the power to change the face of physics by inspiring young women to pursue physics degrees.
  + In high school, women represent approximately 50% of physics students, but once they enter college, that percentage drops to 20%.
  + STEP UP is a national community that has developed downloadable lessons for physics classes, created by teachers and researchers, to enact this change.
  + Join the movement by registering at STEPUPphysics.org.
* If the teacher has further questions, direct them to STEPUPphysics.org and the project FAQ.
* **When you talk to students:**
  + Introduce yourself/your group and STEP UP.
  + Share your personal experiences.
    - Discuss your physics career thus far.
    - Why did you decide to study physics?
    - Do you do any hobbies/projects/research/activities related to physics?
    - What are your future plans?
  + Discuss the opportunities and benefits of being a physics (or similar) major.
    - What’s your favorite part about being in your major at your school?
    - What fun social things do you get to do?
    - What things do you do outside your major?

Just remember...

* Have fun!
* If you have any questions, check out the [Outreach FAQ](https://engage.aps.org/stepup/get-involved/students/outreach-faq).
* ***Our goal is to get these teachers to register for STEP UP.***
* Fill out our [survey](https://engage.aps.org/stepup/get-involved/students/outreach-feedback) after you reach out to teachers and enter to win swag