

Thank You Video Instructions:

Please upload a 1-2 minute video recording of yourself expressing your thanks for your award.

- 1. Start by thanking NMF for your award.*
- 2. State the name of the scholarship you were awarded and personally thank the donor or organization by name.*
- 3. Share a little about yourself and indicate why the scholarship is important.*
- 4. Close by thanking the funder/donor/NMF again and make a commitment to do well with the donor's investment.*

Sample Thank You Video Script:

Hello, my name is Jane Doe, and I was selected as the recipient of the Anarcha, Betsey, and Lucy Memorial Scholarship Award. I wanted to take a moment to personally thank Dr. Yvonne S. Thornton, as well as NMF, for this award, as it will make such an impact on my educational journey. I am a fourth-year medical student at the University of Washington School of Medicine, and recently matched into Psychiatry at the University of Colorado Medical Center. This scholarship is invaluable not only for moving costs to Colorado, but also to support my current research on the effects of childhood trauma on adult-onset obsessive-compulsive disorder. In a time of great personal and professional change, this scholarship has provided a sense of stability. Thank you again, so very much, Dr. Thornton and NMF for this investment in my future. I pledge to make you proud by continuing to serve underserved communities in my future as a psychiatrist, and by continuing to amplify the voices of underrepresented communities in my research.