

Annotated Bibliography for Capstone

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Cuncic, Arlin. "Why Gen Z Is More Open to Talking about Their Mental Health." *Verywell Mind*, Verywell Mind, 25 Mar. 2021, <https://www.verywellmind.com/why-gen-z-is-more-open-to-talking-about-their-mental-health-5104730>.

One thing I consider a limitation for this source is that it was published in 2021, after almost a year into quarantine. Around this time I feel like there was some odd tension between Gen Z and other generations. We always get labeled as the too sensitive and woke kids that are crybabies, when we are just the only people that speak up for what we think is right and what we think is wrong. So I'm a little wary of the inevitable generational bias in this source, but I also chose it because of this reason. I think it is helpful that I have found a source written by someone older, during this specific time period reflecting on Gen Z's mental health. It is interesting to see how other people interpret my generation.

Feazell, Kerri. "How to Film an Interview like the Pros, plus Examples We Love." *Vimeo Blog*, 3 June 2021, <https://vimeo.com/blog/post/how-to-film-an-interview/>.

I actually found this source at the end of my sophomore year while working on a small film for CTE quarantine. I found this source useful because it's an article that is not too wordy. It gets straight to the point without using complicated vocabulary and it is catered towards students or just youth in general. The examples give me multiple scenarios depending on what type of film you are making which is extremely helpful because sometimes it is hard to differentiate documentary style interview questions versus educational styled ones. And for me as a student, it was nice to see that they also had a section explaining ways to make a film with just an iPhone, which is very inclusive and not seen on most websites.

"Health Narrative." *Google Docs: Sign-In*, Google, <https://docs.google.com/document/d/1cJeM1D7o4HVD9el5IeiQLK-edXAf0y0dqn9G3xQAK7A/edit?usp=sharing>.

I selected this source because it was the inspiration for my capstone project. It provides me with information on multiple perspectives of the stigma on mental health and wellness. This project opened my eyes to how people's experiences affect their health choices and I wanted to document this through film which is encouraged by the CTE DigVid program. I would say this

source is reliable because it is based on an interview I conducted, so it is basically an outline/example of what I need to do for this project. I can listen to the interview linked in the doc as well as read the way I interpreted it to learn more about what I can do better for this project.

“How to Conduct a Documentary Interview: Top Interview Techniques and Tips for Documentary Films and TV - 2023.” *MasterClass*,
<https://www.masterclass.com/articles/how-to-conduct-a-documentary-interview-top-interview-techniques-and-tips-for-documentary-films-and-tv>.

I selected this source because it provides useful information on how to interview people specifically for documentaries. There is a list of techniques and tips on how to prepare for the interview, the best ways to ask interviewees questions, how to conduct a successful documentary interview, and more. This is something I believe to be a credible website because MasterClass uses real filmmaking experts for their videos and spend time on making good quality content. They know how to use light, film, and edit high-quality videos to teach others about the industry. So even though their tips might not be the traditional way of filming, it's a good beginners guide.

“How to Create a Shot List for Your Documentary.” *Desktop*,
<https://www.desktop-documentaries.com/create-a-shot-list.html>.

This source provides information about how I can create a shot list for my documentary. The website includes reasons as to why I should create a shot list and how it can be helpful for my filming process and it provides me with multiple videos showing examples of the “6 essential shot types” for documentaries. And below each video it completely explains the shot and how to perfect it with any type of equipment, though it does suggest some of the popular filmmaking gear that is used the most. Lastly the article ends off by giving me other examples of filmmaking resources. I would say this source is pretty credible because it is simply tips for filming, no hard core facts that need backing up.

How to Make a Documentary Step by Step - 42West - 42 West, the Adorama ...
<https://www.adorama.com/alc/how-to-make-a-documentary/>.

I found this source useful because it gives me detailed steps on how to make a documentary. It covers a variety of things that might happen depending on the documentary topics. There is a list of bullet points with somewhat dumbed-down in-between steps to help me even further. The website provides me with multiple external links to find the essential equipment needed to make this kind of film, as well as giving me information on how to sell my

documentary if I would like and what the lowest budget can be for beginners. The last piece of information this website gives me is some guidance if I want to study documentary filmmaking as a career.

“Mental Health Stigma: Definition, Examples, Effects, and Tips.” *Medical News Today*, MediLexicon International, <https://www.medicalnewstoday.com/articles/mental-health-stigma#summary>.

I chose this article specifically because it directly relates to my topic: the stigma on mental health and wellness. The article gives me a run down of what the word “stigma” means and how it can or should be interpreted in a medical sense. This is a good resource for my project because this is something I can use when conducting research and making a list of specific details I want to add to my interview questions. This is one of the first sources I have seen that also include a list of effects of medical stigmas and how to overcome them. Almost 87% of Medical News Today consumers consider its website as a valued source of healthcare information, so I would say it is pretty reliable.

Peterson, Sarah. “About Child Trauma.” *The National Child Traumatic Stress Network*, 5 Nov. 2018, <https://www.nctsn.org/what-is-child-trauma/about-child-trauma>.

During my interviews, if my interviewees are comfortable, I would like to dive deeper into the later effects of childhood trauma on how we view the world. How our morals can change. I found this website to be useful when considering this subject for discussion because it seems to be made for parents, specifically adoption or foster care parents. It includes different sections talking about what could possibly be a traumatic event for a child, what a traumatic event is entirely, what childhood traumatic stress is, along with reminders and protective factors. I consider this a reliable source because it is run by two honorable schools: UCLA and Duke University.

“Premiere Media Management/ Project Set up Basics.” *Google Slides*, Google, https://docs.google.com/presentation/d/1OW46c2dbUN8dYwihIZBMNil7wC-yR3BUzwmq_SS MsT4/edit?usp=sharing.

I found this source useful because it can help me improve my editing skills and expose me to multiple editing softwares that can improve my documentary. It is crucial to the film to have sharp but nice, transitional cuts. It helps the story move along and keep people intrigued in what the film is about. Figuring out how to have exceptional audio will also be a key element to

the story, no one likes films that they can't even hear. Using this slide deck can help me make the film the best it can be while also utilizing the techniques I have learned in class.

Smailhodzic, Edin, et al. "Social Media Use in Healthcare: A Systematic Review of Effects on Patients and on Their Relationship with Healthcare Professionals - BMC Health Services Research." *BioMed Central*, BioMed Central, 26 Aug. 2016, <https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-016-1691-0>.

This source was actually found by my mentor Torian, which was then suggested for me as a part of my research for this capstone project. It touches on the social media use in health care and what the varying effects are. It seems to be some kind of social experiment, the website reviewed almost 1,600 other websites and did a deep dive into their credibility and accuracy on the topic of social media in healthcare. They call it a "study selection process." I trust this source because the whole point of the article is to push out all of the bad ones and find which could actually be helpful for patients, parents, and doctors.