ACRES Frequently Asked Questions

1. How long do the videos I make have to be?
We find that clips between 3-5 minutes long are ideal for the coaching session. If you already know which part of the activity you want to record, you can just turn your camera on and off to capture a few minutes of that part. Or you can record for a longer period of time and then use the video editing tools built into your phone or laptop to select a clip you want to share.

2. What if we don’t have media releases for all youth?
Because the videos will not be made public, but used as part of an educational coaching program to help providers improve their skills, media releases are not required. The ACRES project provides a courtesy letter to the parent/guardian, outlining how videos will be used, and giving ways to contact the project researchers if there are questions or concerns.

3. What if I don’t want myself shown on the screen during the discussions?
The video conferencing software allows attendees to leave their cameras off while connected. A small icon will appear on the screen representing “you.” Bear in mind that this is a bit tough on your colleagues because they will want to get to know you and it’s easier if you can see each other.

4. What if a life emergency happens and I can’t attend a meeting?
If it turns out you miss a session, the ACRES model is flexible enough to hold a make up session, by connecting virtually or by watching recorded sessions.

5. How many hours does it take to complete a module?
Usually it takes about 2 hours for the skill workshop, 3 hours over course of the month for practicing the skill and uploading the videos, 1.5-2 hours for the coaching session. (6 hours from start to finish per module)

6. Do I get a stipend for participating?
No, not for doing the course. But you may be able to get a stipend for completing the feedback surveys. Be sure to check with your leader before you start the course, to see whether you are eligible for a survey-stipend.

7. What if I don’t have recording equipment?
You probably already have what you need, as you can use a phone, iPad or laptop for recording videos. If you don’t have these available, ACRES will help you to borrow one.

8. How do I get the supplies to do the hands-on activities? Do I have to buy them?
You probably won’t need to buy anything. ACRES modules use easy to find materials that people often have on hand. The materials are easily adapted to fit whatever supplies people have available. The modules’ emphasis is on the skill and less about perfecting a specific activity with set materials.