Content Submission Guide

We want to make our content accessible and relatable to our Gen Z audience. Once your content is ready for us to review, use the submission portal on our landing page to send it to us. We'll keep in touch with you throughout our review process to make sure we're the right home for your material. When submitting content or content ideas for inclusion, please consider the following factors.

Is this content approved for our use?

Please be aware that submitted materials, once approved by our team, will live indefinitely on the See Yourself IN landing page as a resource. You'll still retain ownership of anything you share with us, but we'll need your permission to include it on our site, on our social media, and in other materials to share with our audience. If you have questions or concerns, please reach out.

Is this easy to understand?

Our audience is primarily Gen Z, which means content is ideally short, easy to understand, and will hold a young person's interest. An example of great content for this could be short-form videos interviewing a company member about a "Day in the Life" at their job. This will give our audience a chance to see firsthand the opportunities available for someone like them, and hearing insights from a peer is a great way to connect with Gen Z about opportunities in your field.

Read See Yourself IN Articles

From High School Exploration to Internship: One Step Closer to a Career in the Life Sciences

The health science program at IU Indianapolis leads to a promising career

16 Tech: IU Student to Play Pivotal Role in Innovation and Entrepreneurship for Indy

A master's student at IU becomes the first 16 Tech entrepreneur intern.

SEE YOURSELF **IN**