

Spoilers ahead! Be warned!

The first step is to identify the songs:

Beat It
I Saw Her Standing There
Bad Day
We Are Family
I Wanna Know What Love Is
A Hard Day's Night
Stayin' Alive
I Wanna Dance With Somebody
Don't Stop Believing

Hopefully in doing so you'll notice that each of the clips contains the song title exactly once, at the beginning or the end of the clip. If the title's at the beginning, you take the first word, and if the title's at the end, you take the last word:

Beat It
I Saw Her Standing **There**
Bad **Day**
We Are Family
I Wanna Know What Love **Is**
A Hard Day's **Night**
Stayin' **Alive**
I Wanna Dance With Somebody
Don't Stop Believing

Lastly, you apply the +/- instructions in the order of the songs, turning each word into another word forming the final clue:

it + S = It's
there - RE = the
day = day
we + HN = when
is + TH = this
night = night
alive - A = live
I + S = is
don't - DT = on

...giving the answer "Saturday"