

# Tips for Recording Yourself on Video



## CHOOSING YOUR IDEAL SHOOTING LOCATION

- Find a location that is well-lit with natural sunlight or plenty of indoor lighting
- Choose a quiet location with little background noise (street sounds, music, other people)
- Avoid spaces with lots of echo
- Turn off air conditioners and heaters to avoid fan noise

## SETTING UP YOUR PHONE / CAMERA

- Set your laptop, phone, or camera on a tripod or steady surface (please do not hold your camera while shooting to avoid shaky footage)
- Shoot horizontally (use landscape mode and avoid portrait mode)
- Position camera at eye level (if you can, avoid angles where the camera lens is looking up or down on you)
- Choose a non-distracting background (avoid windows, showing other people, posters/signs that can be read etc)
- We want to see you from the hips up if possible so we can read body language, its called a “Cowboy Shot” in the film world, from the holsters to your cowboy hat.

## LIGHTING

- Shoot in daylight if possible
- Position yourself so windows are facing you
- Expose for your face and not the background (many phone cameras will automatically adjust the video brightness when you tap your face on the touch screen)
- Avoid back light (light that is behind you) and overhead lights
- If shooting with indoor lighting, use lots of lamps
- To make sure your face is evenly lit indoors, you can place two lamps at 45 degree angles from the front of your face. Set your camera in between the lamps.

## CAMERA PRESENCE

- Look at the camera at all times
- Keep your hand movements to a minimum
- Stand up straight
- Keep your hands to your side or gently folded in front of you (no crossed arms)
- Keep your shoulders relaxed
- Smile, especially at the beginning and the end of presentation

