



Tips for Self-Recording 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
- Provide a seat for yourself that is stationary and quiet (no chairs with wheels/swivels, overstuffed cushions, or squeaky screws). Yet, soft surfaces in the room will help absorb sound (carpets, upholstered furniture, draperies, or fabric blinds)

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.)

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. Place the lights roughly at eye level.
- 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

- Sit roughly about 2-3 feet from device (Good rule of thumb is if you can reach out and just about touch the device, that's about the right distance and helps with the sound quality due to the built in-mic on your device, mainly your mobile device. If you have an external mic like a boom or lav mic on your camera, use that audio instead of the built in mic.)
- Look at the camera at all times
- Keep your hand movements to a minimum

- Stand/sit up straight
- Keep your hands to your side or gently folded in front of you (no crossed arms)
- Keep your shoulders relaxed
- In terms of framing, you don't want to have too much headroom above your head.
- Smile, especially at the beginning and the end of each response

CLOTHING AND ACCESSORIES TO AVOID

- Clothing with colors that blend in with your background
- Patterns (stripes, plaids, polka dots)
- Shiny fabrics or jewelry
- Visible labels, logos, text, images
- Wrinkled clothes
- All white or all black clothing
- Noisy accessories that could interfere with your audio

TECH SPECS

- Check your video camera settings to make sure you are shooting one of three formats: 1080p at 30fps, 1080p at 60fps, or 1080p at 24fps. 720p and 4k is fine too.
 - o On Android phones, the settings are usually in the main camera app behind the gear settings wheel
 - o On iPhones, the camera settings are in the main settings icon in the photos and camera section
- If you are unsure, no worries, your camera's default setting should generally be ok.
- Recommend using OBS Studio as the program to record with. Below are a few links to an OBS Tutorial and the best settings in recording with OBS Studio with a webcam or DSLR camera:

How To IMPROVE Your Webcam Quality: ULTIMATE GUIDE:

<https://youtu.be/8WSB2OtXysU>

OBS Tutorial: <https://youtu.be/jKqM18lOsr4>

This link is a great walkthrough on how to record quality videos via webcam:

<https://youtu.be/osRSIjKTmHs>

If using a phone: recommend that the phone that is being used is the most up to date, however there are various apps that can enhance any phone camera. Here are a couple of links to record via android or iPhone and the programs that they use:

How to Edit Videos on iPhone & iPad (LumaFusion Tutorial!):

<https://youtu.be/Lk8sOY9EbIY>

Filming with iPhone: The Complete Guide to Shooting Video like a PRO!:

<https://youtu.be/Co21Gw7zqNY>

Shoot Professional Videos with an Android Smartphone: https://youtu.be/8YiwBsTQ_c0

Camera Apps for Android: https://youtu.be/kG-wjix1-_I

A FEW OTHER HELPFUL HINTS

- If you can, ask a friend/family member to assist you while you record
- Do a short recording test to make sure you can see and hear yourself clearly
- Have water handy for clearing your throat
- A bite from an apple can help take care of a dry mouth!