

Best Practices for filming yourself at home:

Tips for best quality:

The most important question is, where do you film? While technically you could film anywhere, there are three keys to keep in mind:

1. Appearance
2. Lighting
3. Sound

Appearance: One of the first things that you should think of when choosing a place to film is how the location behind you appears on camera. Keep in mind the style of video that you're creating and try to make sure the location makes sense for that style. Everyone will understand that these videos are being filmed from home, but it's always best to choose as clean and professional a background as possible. If you have a home office, consider filming from there. Otherwise **any clean, clutter-free background** will work.

Once you are on camera, everything about you communicates something. So always take a moment to consider what you are wearing, and whether those clothes are clean, crisp, and communicating what you intend. Be sure to clean your glasses and adjust your hair. Simple makeup will generally improve anyone's appearance on camera. Also try to avoid tightly patterned clothing which tend to mess with cameras and screens alike.

Lighting: When you are choosing your location to film you must also consider the lighting in that spot. While you don't have to set up any special lighting equipment, do consider how the natural light in the space is falling on you. Try positioning yourself so that light from the window is falling on you evenly, ideally from in front of you. Try to avoid having any bright lights – especially windows – *behind* you. The camera will always try to compensate to the brightest part of the frame, and if there's light behind you then your camera will struggle.

Sound: If you have people moving around and talking in your space, it's going to be hard to capture good sound. Most mobile devices and computers have decent built-in microphones, but they're designed to capture all the noise in a given environment. So, having a quiet space is essential for the microphone to pick up only your voice. Speak clearly and naturally when you film, just like you would in any public presentation.

Filming Options:

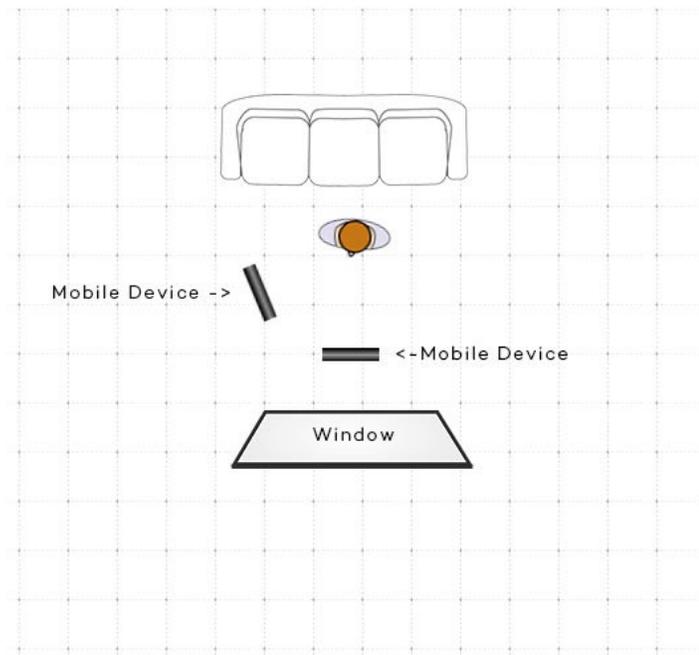
Your best options for filming at home are:

1. Mobile device (iPhone/iPad/Other phone or tablet device)

2. Built-in computer camera
3. Zoom

Mobile Device: In terms of quality, a relatively current mobile device is the best way to go. The built-in cameras and microphones will give you the clearest image and sound quality. Find a steady surface to prop your device against. Consider using a stack of books or something sturdy to lean your device against. Asking someone to help is great if possible. **Filming horizontally is a must!** Having the device as close to eye level as possible is also ideal. If you have to film by yourself, turn on the self-facing camera, to be able to see yourself and make sure the shot looks as good as possible.

If you have access to more than one device, and might be able to get assistance from a video editor, consider setting up a second camera. See image below for placement suggestion of second device:



Built-in computer camera: Use this option as Plan B if, for some reason, the mobile device option is unavailable. Set up your computer just as suggested above. Open the built-in recording software (Photobooth or similar) on your computer. Be sure to set it to record video as opposed to the photo setting.

Zoom: Use this option if you are recording a conversation between two or more people. The video quality from a recorded Zoom will be lowest in quality. However, it's useful for recording conversations between two or more people. When using the record function be sure to have it in "gallery" view and not "speaker view" to get all subjects in the frame at the same time.