

## How To Film Yourself

### *Composition*

- If filming on your phone, no close-up selfie frames. **Shoot with your phone horizontal**, this will give us more freedom when editing.
- Keep your backdrop minimal with as little distractions as possible.
- The frame should be middle of your chest up. With a little headroom and space on either side of you. Prop your phone up on books so the camera is eye level to you.
- Look at the camera/screen when you are talking so the end result will feel like you are engaging with the viewer. For example:



### *Focus*

- If filming on a phone, tap your screen to ensure that you are in focus
- No shaky video – mount your phone/camera on a stand or lean it against an object.

### *Lighting*

- Do your best to record your videos in a well-lit area – natural light is best so **stand facing a window** so the natural light hits you. Doing this will prevent your videos from looking grainy.
- Avoid having a window or light source *directly behind* you, you will look dark/silhouetted.

### *Sound*

- Film your video indoors, in a quiet room, no music or tv in the background.
- If filming on a phone, do not position the phone too far away from you. This will avoid a hollow, “far away” sound.