# At-Home Video Best Practices

Recording videos using a computer, phone, or tablet



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#### Choose a well-lit location

Make sure the area where you'll be recording is welllit. Natural light is best, so try to position yourself near a window or open door. If you're using artificial lighting, make sure the light is soft and diffused.



### **Consider the background**

Make sure your background is clutter-free and doesn't distract from your message. A plain wall or a neatly arranged bookshelf can be great options.

# Frame your shot

Make sure your subject is centered in the frame and there is enough space around them. You don't want them to be cut off or too close to the edge of the screen.

# Get good audio

Good audio is essential for any video. Use an external microphone if possible or record in a quiet location to minimize background noise. If you are holding your phone, avoid covering the bottom of your phone near the speaker.



#### **Practice before you start**

Before you hit record, take some time to practice what you'll be saying. This will help you feel more comfortable in front of the camera and minimize mistakes.

#### Make eye contact

As if this was an in-person interview, try to look directly into your webcam versus the screen and your individual image.

#### Use a stable surface

If you're using a phone or tablet, set it up on a stable surface or use a tripod to keep the video steady. A shaky video can be distracting and hard to watch.



# **Check your equipment**

Make sure your equipment is working properly and fully charged, and that your have enough digital storage before you start recording.

# Be yourself

Finally, remember to be yourself! Speak naturally and be authentic. Your viewers will appreciate it.