

Video Recording Tips

Whether you are videoing yourself using your laptop's webcam or have asked a friend to video you, here are some useful tips on how to ensure you get the best quality video.

Source: <https://www.youtube.com/watch?v=FMex-9FyljU>

Do:

- Sit up or stand up straight and bring the camera up to eye level (put books underneath it to elevate as necessary), tilt the camera screen so that it is looking slightly down on you
- Get close to and look at the camera lens, not yourself in the screen
- Check light sources – you don't want back light so avoid windows as a background and place a desk lamp nearby so you can adjust the light
- Tidy your surroundings, limit the amount of noise in the background by setting up against a plain wall or simple garden setting
- Wear business attire or neat casual, opt for light block colours contrasting with the background wall colour and limit excessive stripes or patterns, clean your glasses (if you wear them)
- Act natural as if talking to a friend, use hand gestures but not too many
- Turn off alarms, phones, Skype and other online notifications, you don't want any background noise detracting from your speech
- **Please ensure the audio and video quality of your recording equipment is sufficient**
- Play back your recording, re-record your speech if the quality is not up to scratch (your video should not be blurry or grainy or contain major pauses), and ask a friend for their feedback
- Edit out long pauses at the very beginning or end of the video, but do not edit the middle of the video unless you are changing settings for dramatic purposes
- If someone else is filming you make sure they use a tripod (wobbly films will be heavily marked down), creativity and professionally shot videos are encouraged but will not necessarily receive extra marks
- Practice makes perfect



Don't:

- Use the monitor or mobile device as a light source or sit behind a window
- Fidget, flick your hair, tap your fingers, sway or slouch
- Look at yourself on screen (rather you should look at the camera lens)
- Mumble, speak too softly or shout into the microphone
- Wear revealing clothing (men, don't wear singlets, a collar is preferable. Women avoid showing too much chest)
- Avoid reading notes, subtle glances at cue cards are acceptable but bonus points will be given to those who use no notes

