

# Tips for Recording a Video

## LIGHTING

Make sure you are in a well-lit room facing a window with daylight when recording a video. If the sun is coming in too brightly through the window, close your blinds partially to avoid squinting. **Do not sit with the window to your back as it will cause you to look like a silhouette.** See some examples below.



## HOW TO RECORD A VIDEO

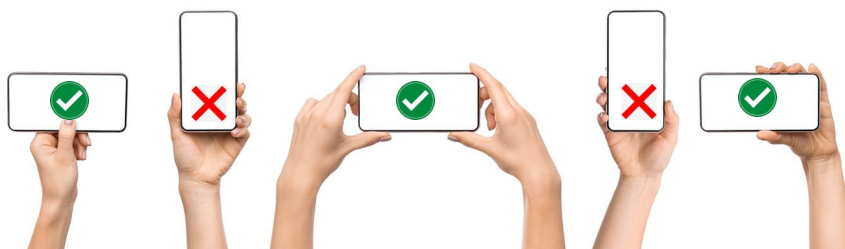
You can record a video on your computer via Zoom, or you can use your phone's camera. If you do not have a tripod, you can use books or [other DIY methods](#). **The key is to get to your camera to line up with your chin or a little higher for a better-framed video and sound.** With whichever setup you choose, be sure you're not blocking your phone's microphone. See some examples below.



Speaking of sound, try to record **inside** in a quiet room to avoid background noise.

## ORIENTATION OF YOUR CAMERA (PHONE, TABLET, OR WEBCAM)

**The key is to record your video horizontally.** If you are recording with the internal camera of your laptop or desktop computer, the orientation is probably horizontal already. If you are using your mobile device to record yourself, please set up or hold your phone horizontally. See examples below.



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