How to Shoot Video in Your Home or Office

**Camera**

- Set your camera to record at the highest possible resolution.
- Position the camera at eye level: if you’re using a webcam or your laptop, use a box or stack books to raise the camera.
- Frame your head and shoulders in a comfortable medium bust shot: not a full body shot or extreme close up of your face.
- Follow the “rule of thirds”: the most appealing shot positions the subject on one side of the frame rather than centered.
- Allow for headroom: chopping off the top of your head would be distracting and too close.
- Choose a simple background that will not distract your audience.
- Stand as far away from the background as possible: this will allow the background to fall out of focus.
- Always shoot landscape: if you are using your phone's camera, never shoot portrait.

**Lighting**

- Shoot your video in a brightly lit area of your home or office.
- Stand facing or next to a window (not in front of it) to take advantage of the light: if you don’t have a lighting kit, position yourself and the camera to take advantage of the natural light in the space you are shooting.
- Don’t shoot into a window: a window in the shot during the day would be very overexposed and create far too much backlight.
- Place an extra light source in front of you, never behind.
- A shaded lamp placed close to your face, but still out of the frame, will provide a nice soft light.

**Audio**

- High quality audio is more important than high quality video: a student will listen to something they can’t see but won’t watch something that sounds bad.
- Use the highest quality microphone you have access to: a lavalier would be best. A set of headphones with a microphone is often better than an in-camera or computer microphone.
- Sit as close to possible to your microphone: if you have to use a boom or in-camera mic, position the microphone as close as possible while still achieving an attractive frame.

**Delivery**

- Practice, Practice, Practice: we find that in the studio, the third or fourth take is usually the best. However, especially on longer pieces, it can sometimes take many more. Read through your script a few times before you even turn on the camera.
- Imagine you are speaking to a single student, instead of a room full of students.
- Maintain an even, positive and excited energy throughout the video: most people’s energy tends to dip after a minute or two away from the camera.
- Ensuring good posture will help you to project and maintain high energy.
- Look into the lens when speaking: if your eyes wander, the audience’s attention will wander.