Best Practices: Web Cam Recordings

1. Adjust your camera so it is pointing directly at eye level (flat / 90 degrees), with yourself framed between the waist and ribs, with your head 2/3 of the way up the frame.

2. Use a strong light source to properly illuminate yourself. Dark rooms cause the camera to compensate, adding noise to the image. Do not sit behind a light source that is stronger than what is illuminating your face (ex. window).

3. Use a professional microphone. If necessary, a headset/headphone microphone hidden on your person, or within 2ft but hidden from view of the camera, is better than a laptop mic.

4. Have a clean background. Remove clutter/distractions from the frame.

5. Look directly into the camera whenever possible, not the person on the screen.

More helpful Tips:

- Glasses can cause glare from your screen, so try adjusting them slightly on your nose if this problem arises.
- Try pointing a lamp at a white wall or ceiling to evenly light a room without professional lights.
- Try to avoid shirts with busy patterns.
- If recording for a non-live video, try a third party app for the best results.