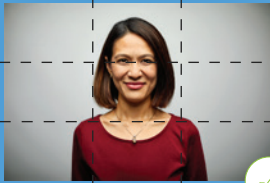


# Best Practices: Web Cam Recordings

1.



→ Head is 2/3 of the way up



**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.



→ Good vs bad



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.



→ Out of sight and external mic when possible



**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.



→ No background distractions



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

5.



→ Person is not looking at camera



**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.