

Tips on Shooting A Good Video

AUDIO

- Having a small microphone while filming will be good because good audio is essential to the video.
- [A mic I recommend](#)

CHOOSING YOUR IDEAL SHOOTING LOCATION

- Find a well-lit location with natural sunlight or plenty of indoor lighting.
- Choose a quiet location with little background noise (street sounds, music, other people)
- Avoid spaces with lots of echoes
- Turn off air conditioners and heaters to avoid fan noise
- Provide a seat for yourself that is stationary and quiet (no chairs with wheels/swivels, overstuffed cushions, or squeaky screws)

SETTING UP YOUR PHONE / CAMERA

- Set your laptop, phone, or camera on a tripod or steady surface (please do not hold your camera while shooting to avoid shaky footage)
- Shoot horizontally (use landscape mode and avoid portrait mode)
- Position the camera at eye level (if you can, avoid angles where the camera lens is looking up or down on you)
- Choose a non-distracting background (avoid windows, showing other people, posters/signs that can be read, etc.)

LIGHTING

- Shoot in daylight if possible
- Position yourself so windows or primary light sources face you, not behind you.
- Avoid overhead lights
- When shooting indoors, consider using a [ring light](#) that clips to your computer/phone to help light your face.

CAMERA PRESENCE

- Look at the camera at all times
- Keep your hand movements to a minimum
- Stand/sit up straight
- Keep your hands to your side or gently folded in front of you (no crossed arms)
- Keep your shoulders relaxed.
- Smile, especially at the beginning and the end of each response