

## Tips for Filming Your Own Video At Home

- It's best to use the video feature on your phone. Second option is to use the Zoom conferencing service, but for our editing purposes, the phone works better.
- You can video it yourself on your phone, ask someone in your household to hold the phone to video, or rest the phone on a table at the appropriate height and angle.
- **Video horizontally**
- Check that you're ok with what's in the background. Light colored backgrounds are preferable. (Note, there shouldn't be any visible brands in view.)
- Pay attention to background noise and film in a quiet, noiseless place, if possible.
- Keep the video short—two minutes maximum.
- Pause a few second at the beginning and again at the end. (This helps in the editing process.)
- No need to introduce yourself. We will identify you in the opening slider and in a caption at the start of the video.
- Think in advance about what you want to say. If you feel you need to write out a script, that's fine—but refrain from memorizing it or reading it. It's better to jot down bullet points about what you want to convey and speak informally.
- Be as natural as possible. It's ok to be expressive, use your hands, etc. Make believe the camera is a "friend" who you are speaking to. Look at your "friend" when speaking.
- The great quality of your first video might surprise you! But if you're unhappy with it, do it again—or again. You'll begin to feel more comfortable the more times you are in front of the camera.