

# Creating Your Own Video

## Helpful Hints



Choose a clean and uncluttered background.

Use indirect, natural light if possible. Sit facing a window or with the window on either side of you. Avoid back-light or overhead lighting.



Use a smartphone or tablet to record your video. Make sure the phone is in the landscape or horizontal position when filming.

Prop your device up against something to keep it steady while filming.



Raise your smartphone or tablet on a stack of books so it is slightly higher than your eyeline. Sit about an arm's length away from the camera.

Try to look directly at the camera on your device while speaking. Be mindful of background noise. Try and chose a location that is free of loud ambient noise.



Relax and be yourself! Just pretend you're talking to a friend.