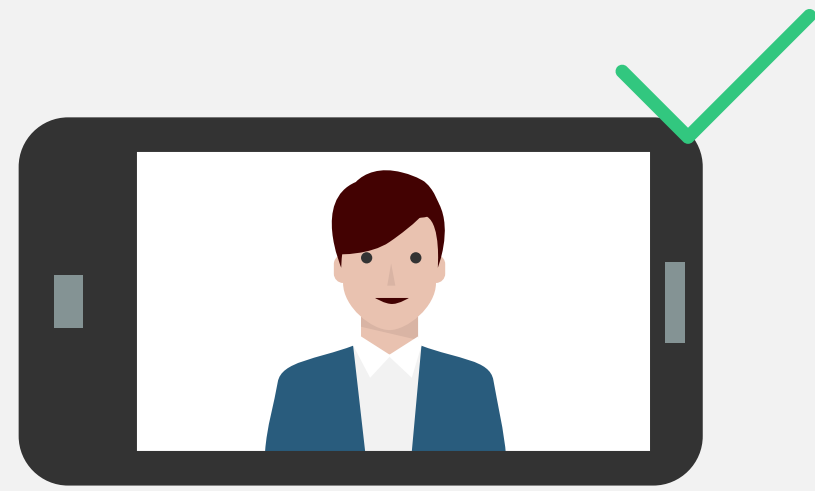


How to film yourself with a smartphone

Dos



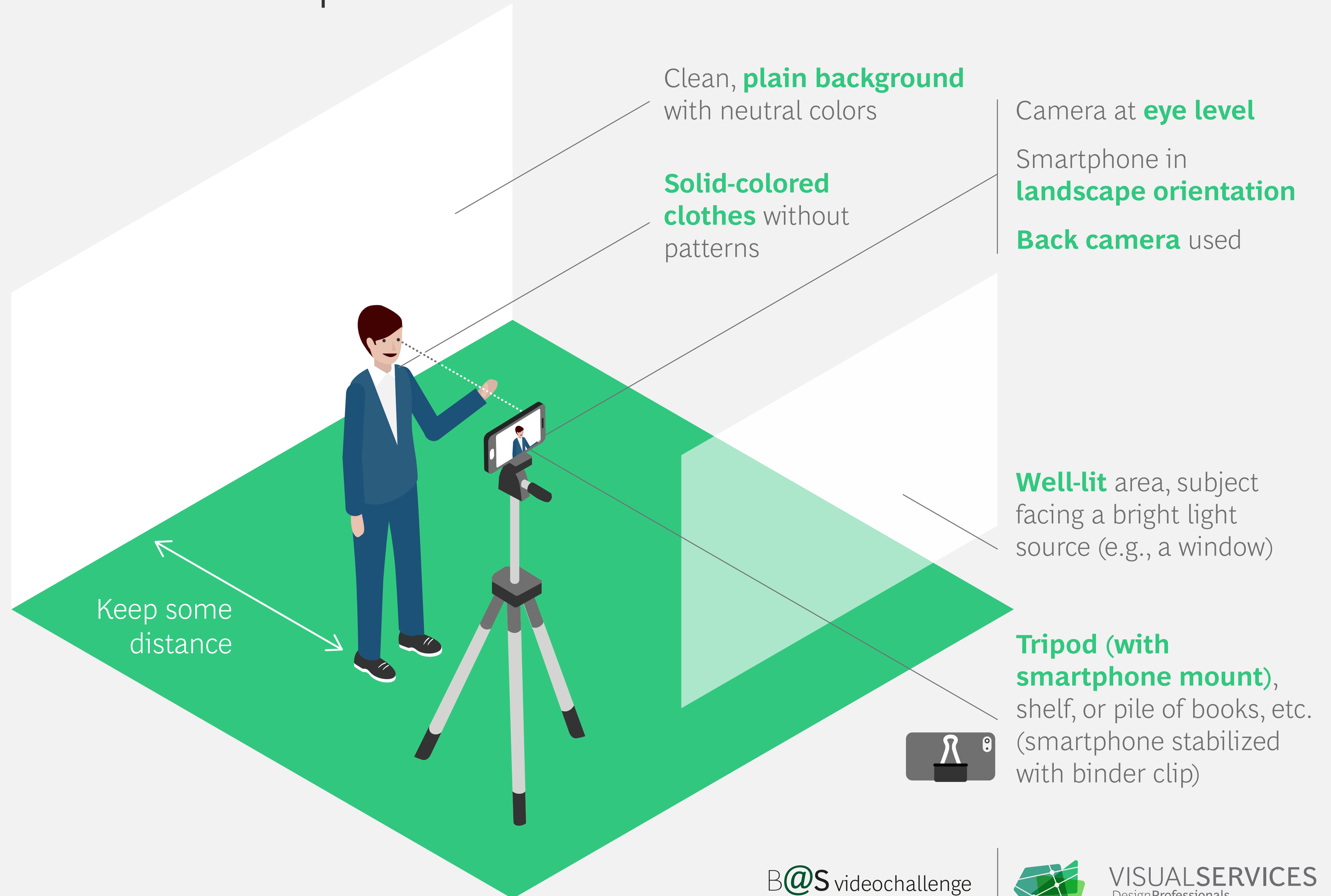
The figure appears from the chest up with a slight space above the head

TIP

Press record, assume your position first, and then pause an extra two seconds before speaking

Look into the smartphone camera throughout the recording

Finish talking, pause two extra seconds, then stop recording

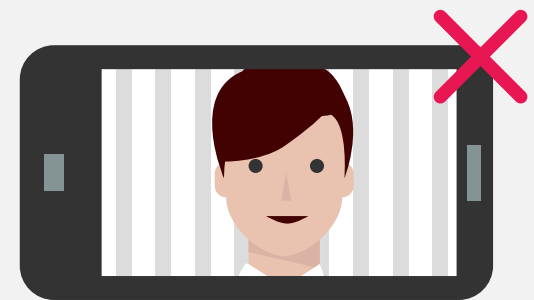


How to film yourself with a smartphone

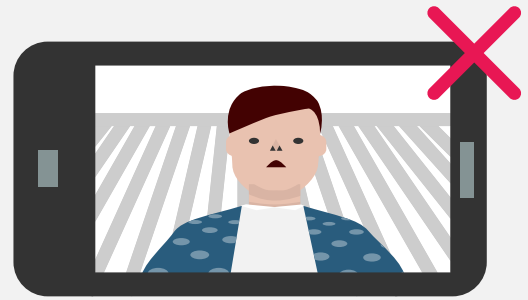
Don'ts



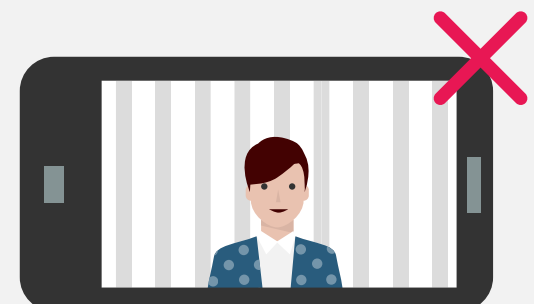
Vertically oriented



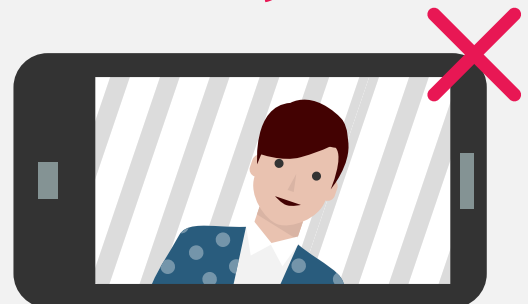
Too close



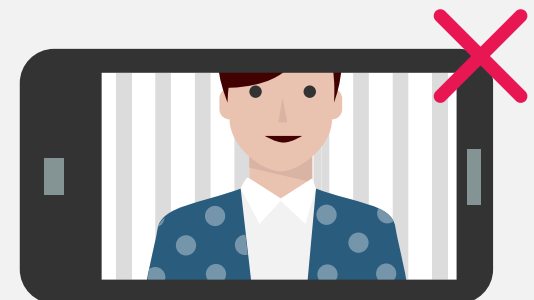
Below eye level



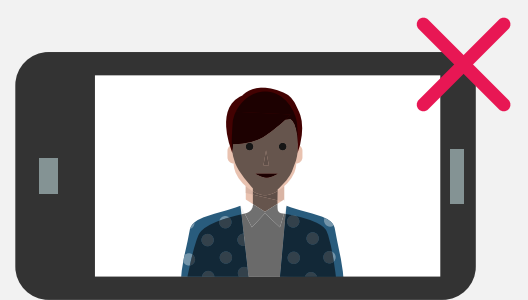
Head centered



Tilted horizon line

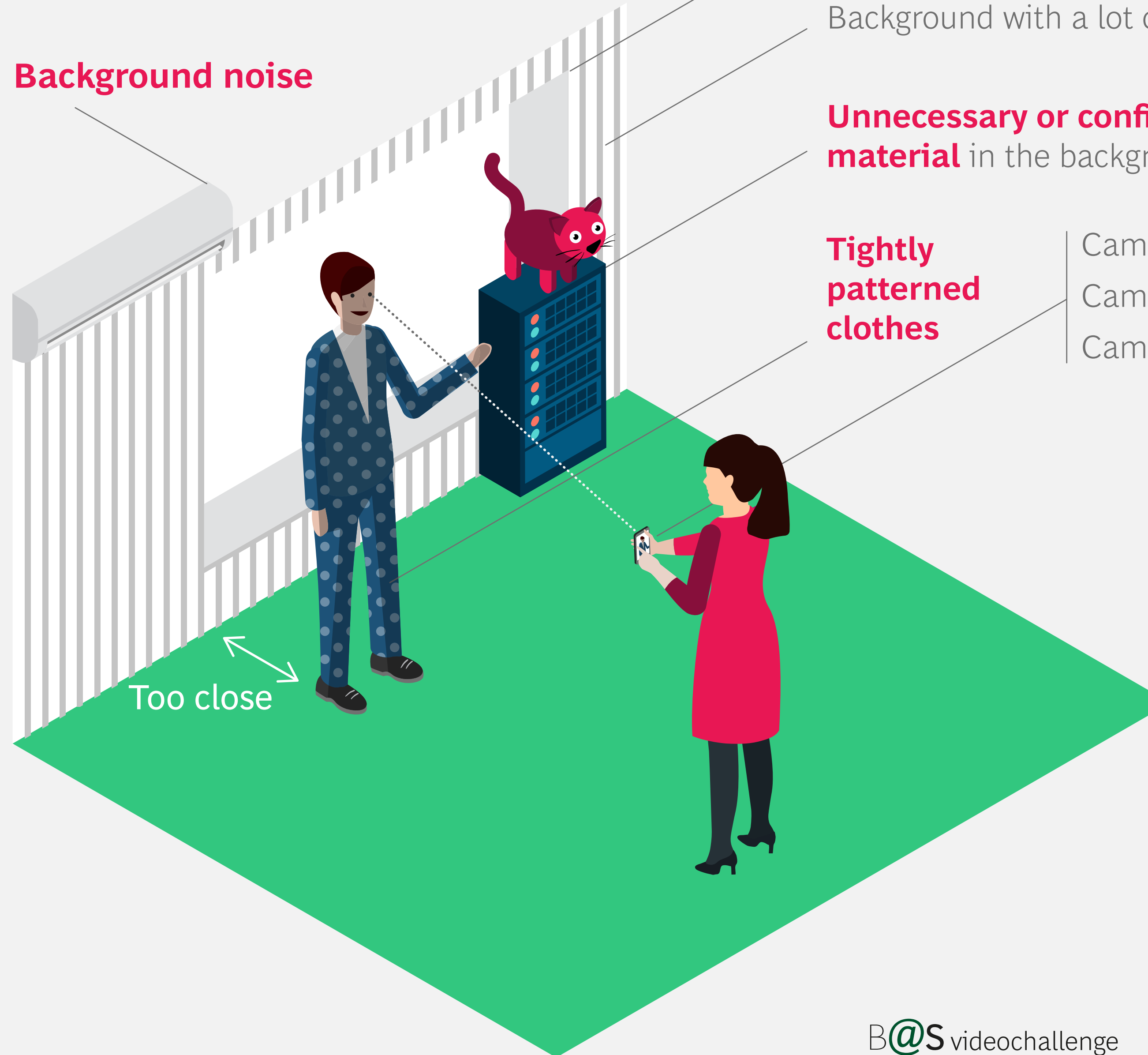


Head cut off



Backlit, too dark

Background noise



Back **against a bright light source** (e.g., a window)

Background with a lot of **visual noise**

Unnecessary or confidential material in the background

Tightly patterned clothes

Camera **not at eye level**

Camera **vertically oriented**

Camera **held by hand**