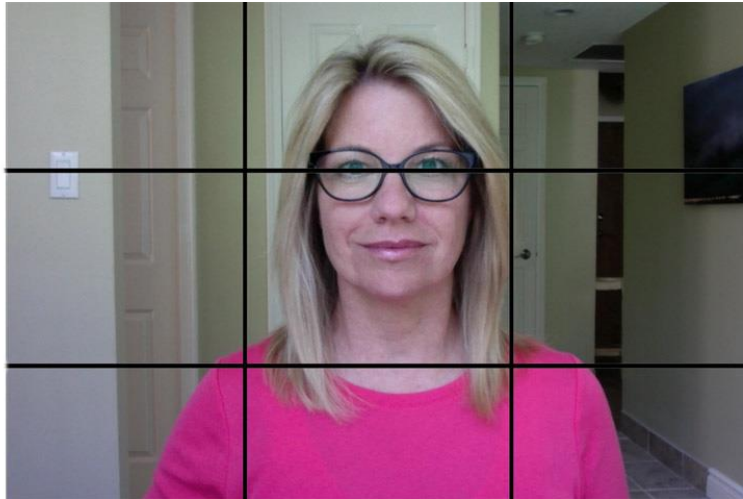


Tips & Tricks for At-Home Video

1. Use a Little Less Head Room

Head room refers to the amount of space between the top of your head and the top of the frame.

Here's the secret to getting the right amount of head room: Imagine a **“tic tac toe” grid** laid over top of your screen. Put your eyes along the imaginary top third line of the tic tac toe grid. Make sure you can see your shoulders in the shot.



This type of head-and-shoulders shot is **ideal for communication**. Any further away, and you start to lose that personal contact.



Too Far

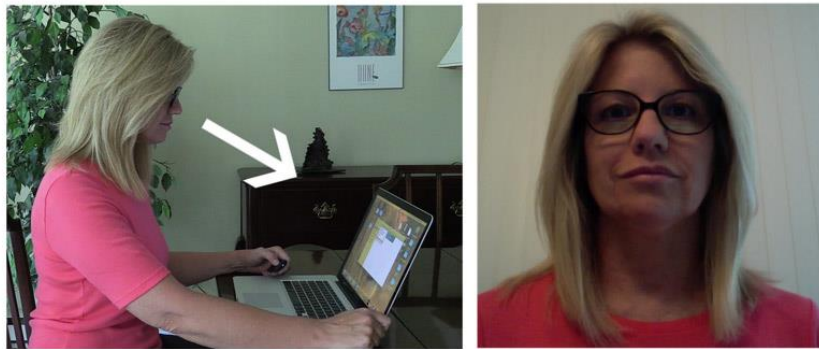
Just Right

Too Close

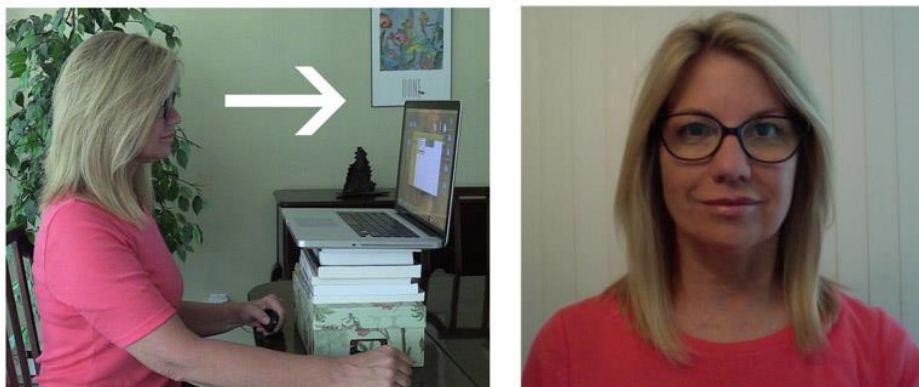
2. Raise the Camera Up to Eye Level

Low camera angles are not flattering to anyone—they just make your face look jowly and distorted (and who wants that?).

This isn't usually a problem with desktop computers, but laptops on a table or desk are lower, so we have to look down into the camera's lens. This also applies if you are using your phone's camera.



The solution is simple: bring that webcam up to your **eye level**, or even slightly above. Try **stacking a few books** underneath your laptop or phone, or even lowering your chair.

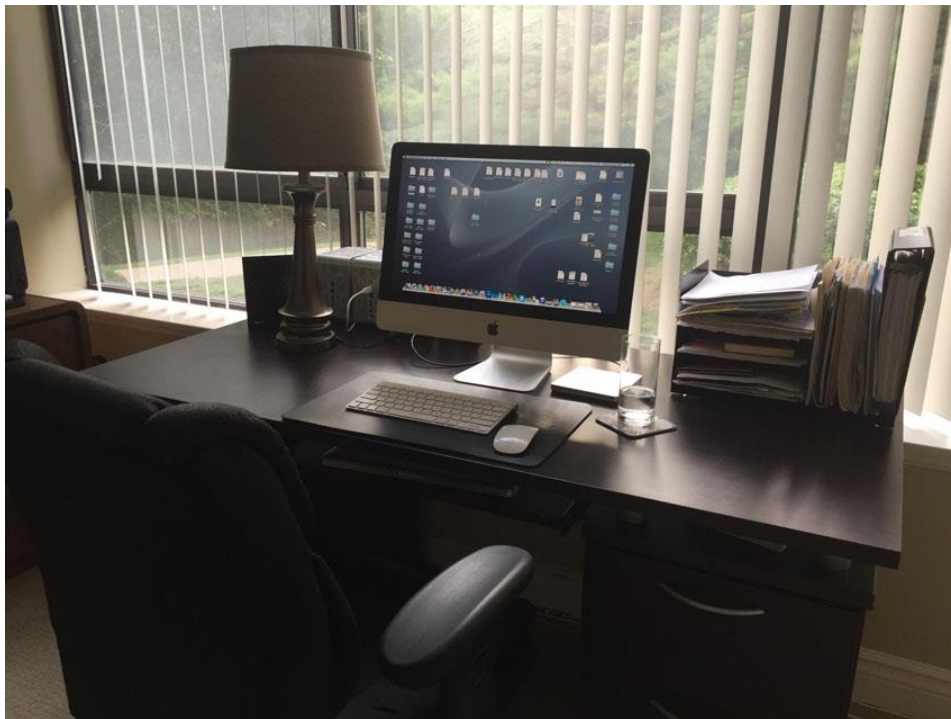


3. Light it Right

When a window or bright light is behind you—you become ***backlit***.



If possible, position your computer so you're facing a window to take advantage of the **natural light coming in**, like this:



If there is no natural light available, another solution is to **set a lamp** on either side of your computer to provide a soft, even light, like this:



4. Simplify the Background

You want people to **focus on you**, not what's going on behind you. Be sure to keep the background as **simple and uncluttered as possible**, like this:



5. Quiet on the Set!

Finally, be sure you pick a **quiet room** where you can close the doors to record your video. Clean sound is ideal so be sure to put away any phones or other devices that may make noise. If you are filming on your phone, be sure to turn it to **airplane mode** to avoid any notification distractions!

Using headphones with a microphone attached (ie. AirPods, other headphones) is even better.