Video Filming Tips and Tricks

Audio
• Focus on quality audio above all else. Bad sound can ruin a terrific video.
• Put yourself in a quiet place, free of people, traffic, fans, and other white noise.
• Let others in your home or office know that you’re filming to minimize distractions and noise.
• If possible, find a simple microphone, or use the mic from your headphones.

Light
• Take a few extra moments to find good lighting, using natural light from windows or the sun if possible.
• Make sure both sides of your face are lit, potentially from two different light sources at different angles.
• Make sure you are facing the primary light source, like a lamp or a window. Putting bright sources of light behind you can create shadows and silhouettes.

Framing
• Position yourself in the center of the frame, far enough from the camera to see your upper torso and any natural hand motions while you speak. Make sure your head isn’t cut off at the top of the frame.
• Look directly into the camera. If it’s helpful, move the video preview of yourself as close to the camera as possible to avoid glancing away.
• Do your best to position the camera at eye-level so you speak directly to the audience and not down to them.

Stabilization
• Use a tripod or some solid object to rest your laptop, phone, or camera to avoid shaky footage.

Filming on a Cell Phone
• Turn your phone horizontally to film (like your computer or TV screen).
• Find a tripod or solid place to rest your phone instead of having someone hold it.
• Turn on airplane mode to prevent pop-ups while filming.

Preparing to Record
• Test your sound, video, and lighting before recording.
• Turn off phones, notifications, and other distracting noises.
• Practice what you would like to say a few times in order to keep it clear and concise.
• Wear solid-color clothing if possible. Bold patterns can be distracting on camera.

Recording
• Record brief, clear statements. There is no need to film everything in one take.
• Allow yourself to pause while talking, particularly between thoughts. If you trip over your words, take a breath and start again. These pauses are much easier to edit later.