

# recording a short selfie video - tips & tricks

results

## BEFORE

- If you think it'd be helpful to prepare notes, a script, or key bullet points, feel free to brainstorm ahead of time. If that's not your style, that's okay – improvise and speak from the heart!
- Avoid noisy and busy backgrounds but also avoid blank white walls.
- Make sure you are illuminated by a good amount of light and your face is clearly visible (avoid dark shadows and don't stand with your back to a light source).

## DURING

- Feel free to record sitting down or standing up – whatever makes you comfortable!
- Regardless of whether you are filming vertically or horizontally, ensure your face is in the middle of the frame and in focus.
  - We recommend leaving an inch of space above your head and only filming down to your torso.
  - It is best to have the device at eye-level.
  - Ensure the camera stays still while recording – either prop it up on something, use a tripod, or ask a friend or family member to hold it 😊
- Make eye contact with the camera.
- After you press record, stay silent for 2 seconds before starting to speak and leave 2 seconds of silence after you are done speaking before you stop recording.
- Avoid holding anything during filming. Speak in a natural, conversational tone using full sentences.



## AFTER

- Please do not edit/cut/crop the clips.
- Send us the final files by uploading it to this Google folder or through another method previously arranged with us.

