



## Helpful Tips for Recording Yourself on Video

### Plan Ahead

- Prepare your statement; this can be added for you to reference while recording when you toggle the “Script” button to on
- There’s a maximum recording time of one minute
- Practice! You can rerecord as many times as you like

### Camera Presence

- Take a breath and smile after you hit the record button; we can edit long pauses but cannot add time to your video!
- Stay centered and always look at the camera
- Keep your hand movements to a minimum
- Stand/sit up straight
- Keep your energy up! Your tone should be energetic and engaging

### Choose an Ideal Location

- Find a location that is well-lit with natural sunlight or plenty of indoor lighting
- Choose a quiet location with little background noise
- Provide a seat for yourself that is stationary and quiet
- Position yourself so windows or your main light sources are facing you, not behind you

### Dress for Success

- Choose clothing that is appropriate for the video's purpose and audience
- Avoid wearing anything that has busy patterns
- Do not wear clothes that will blend with the background