

Self-Recording Video Tips

Congratulations! You have been tasked with creating a self-recorded video for your upcoming presentation. FILO Productions, the conference, production partner, has compiled a few helpful tips to help give your video a professional look and to keep your audience engaged.

Have Good Lighting

As simple as this is, it is critical to a great recording.

- If you can add some additional front light (ie, ring light, lamp without shade), that would be ideal to help eliminate facial shadows that may appear due to overhead lighting. Try to place this lighting slightly above head level so that it is casting the light downward. The goal is to be in a controlled environment.
- Avoid setting up your shot in front of a window. If your back is to the window, your camera may pick up a light reading on the incoming light and make you shadowed or silhouetted in the shot.

Keep the Background Simple

In this case, less is definitely more.

- Find a location in your space such as a blank wall with simple art, your study/office (with a neat, clean shot), or a classroom, in front of a white board.
- A neutral colored wall that's beige, white, cream, etc...will work well. Be sure to be several feet in front of the wall so that you are not casting a shadow on it.
- If finding a blank space becomes challenging, consider setting up your shot in your home office.
- Please be aware of items in the background. The key is to minimize elements that will make the scene look cluttered and take attention away from you.

Setting up your Recording

Zoom

- Make sure that your zoom account has the recordings settings turned on to record the speaker and shared screen together. This is the file that we will need. You do this in your Zoom account under "settings" and then "recordings"
- To give you the best quality video, make sure the box next to "Optimize the recording for 3rd party video editor" is checked in your Zoom account settings.
- Get yourself all set up with your presentation pulled up and video on before you hit record in Zoom.
- Try to position your camera lens where it is slightly higher than high level. The camera angle will be more flattering as opposed to looking down on the camera where it can have a better view of the bottom of the nose.
- If you have in-ear, slimline, Bluetooth headphones (ie apple airpods) with a mic, you may consider using these to improve the audio recording quality.

Clothing and Colors

Wear clothing that is comfortable and natural-looking, and you should be good to go.

- Have any TAGT or giftED gear? We encourage you to show your association spirit!
- Solid colors on clothing are usually safest, as patterns can be distracting to the viewer.
- Avoid high-contrast clothing like a bright white shirt. In general, avoid white shirts without something covering it, such as a solid vest or blazer. Vibrant reds may cast an unflattering glow to your overall skin tone.
- A certain amount of black clothing is fine, but an all-black ensemble may create strange balances of light, giving you a “floating head” effect, so mix it up.
- Please also avoid clothes with writing, brands, and icons (unless it’s TAGT of course!).

Camera Presence

- Smile at the beginning of the recording. It can be a welcome intro to your viewers.
- Sometimes hitting record makes us speak faster. Take a breath, relax and do what you do best.
- ****IMPORTANT PROTIP**** Once you hit record, take an extended pause. Count to three to yourself with no lip movement. When you are done speaking and have finished your presentation, count to three one more time, again with no lip movement. Feel free to give the audience a smile. This will give our video editor plenty of clean footage to edit both the beginning and the end.

Final Steps

- Once you have finished recording, upload file to the link provided to you by TAGT (See below for link). TAGT will forward all videos files to FILO so that they can be edited into the final, production broadcast.
- <https://sam-firm.sharefile.com/r-r198ad7dd0504b5a9> - Upload all recordings here
- Please name your recording the full title of your session.