### Top tips for filming yourself

1. Give yourself enough time to get it right. You may end up wanting to take the whole thing more than once to allow yourself time to get comfortable in front of the camera. You will get more comfortable the more you talk. Equally, don’t strive for perfection. It’s totally human and fine to have mistakes and imperfect lighting etc.

2. Make sure there is more light on your face than behind you. Don’t sit with your back to the window – sit facing the window with the natural light on your face (this is the best and most flattering light). If this isn’t an option, a lamp near the face will do the job.

3. Really listen before you start. Sounds that we normally zone out (traffic, planes, people in another room) are really obvious on video. Either remove the source of the noise, or wait until it’s gone. If there’s really nothing you can do about it, remember to speak loudly and clearly, and keep the microphone as close to your mouth as possible (though ideally not in shot).

4. Search your background before filming. Things we might not pay attention to might be really obvious to someone else, so really look at what the camera can see and make sure it doesn’t have any distractions.

5. Good backgrounds have depth and some point of interest. Bookshelves are good for this. Avoid flat plain backgrounds – it will make the image look flat which is much less interesting to see.

6. Place your phone / camera slightly above eye level. This is most flattering and natural.

7. Using a safely balanced stack of books to elevate your phone is fine – just make sure we can’t see the book at the bottom of the image.

8. When talking, if you make a mistake take a full one second pause and start again. This makes editing out the mistake much easier. Try to keep the same tone and try not to laugh about the mistake at the beginning of the next take.

9. Take a breath between pressing record and starting to talk – this makes sure everything is rolling and ready to go. Same with finishing. Once you’re done talking take a deep breath and only then move to stop the recording.

10. Watching yourself back is never fun, but at least press play to make sure the sound has recorded and that it stayed in focus.

### What to wear

- **X** Nothing inappropriate! No offensive slogans, shoulders covered etc.
- **✓** Something in a different colour from your background (wearing a white t-shirt against a white wall will be hard to differentiate you).
- **X** No logos or brands.
- **X** No small patterns (it confuses the camera!)