



TECHNIQUES OF RECORDING SELF VIDEOS



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What should be the frame

Make sure to use landscape orientation and not portrait orientation while recording.



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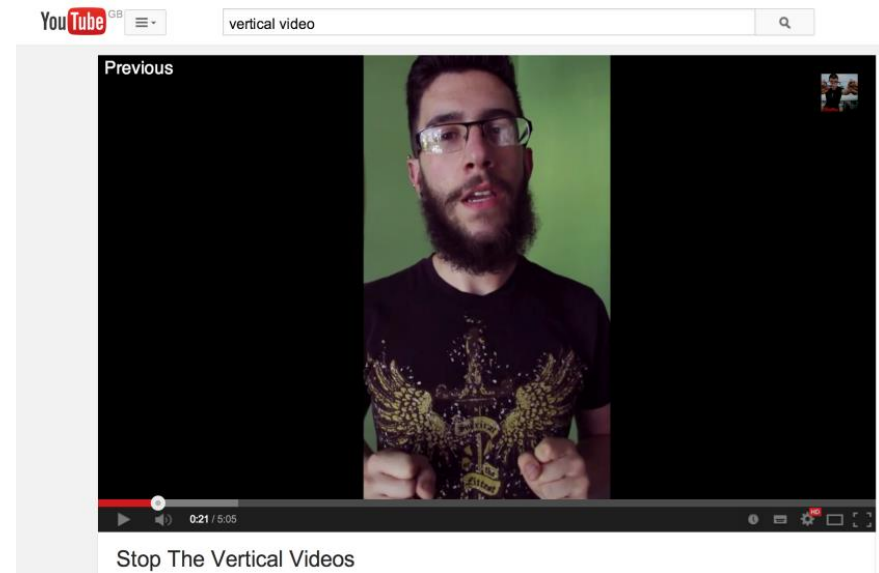
Not only does landscape make your video seem more aesthetically pleasing in general, it'll also make it more relatable to watch when viewed on a widescreen of laptop or computer.

Also watching videos on the phone are best through the landscape mode.

TECHNIQUES OF RECORDING SELF VIDEOS

Videos recorded with vertical orientation will have two black vertical bars along both sides of your video when it is watched on wide screen.

Nothing ruins a good frame like having two black vertical bars along both sides of your video.



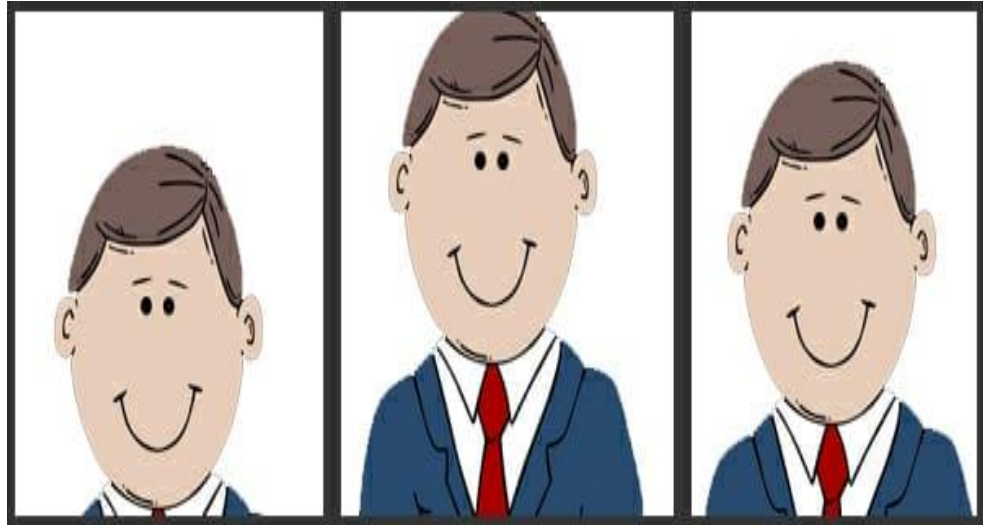
TECHNIQUES OF RECORDING SELF VIDEOS

Headroom

Whenever you're filming someone speaking, whether it's yourself or another person, you need to balance the amount of space between the subject's head and the top of the frame.

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As you can see , too much headroom leaves the subject peaking up from the bottom of the frame. In the second image, too little headroom almost cuts off a small portion of the subject's head. The third image not only give the subject the proper amount of headroom

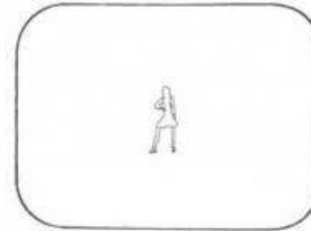


TECHNIQUES OF RECORDING SELF VIDEOS

When filming a yourself speaking for an extended period of time it's often best to use a shot that's between a mid-shot and a close up.

Medium Close Up

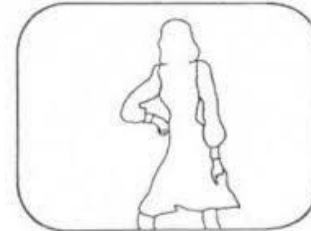
STANDARD TERMINOLOGY OF SHOT SIZES



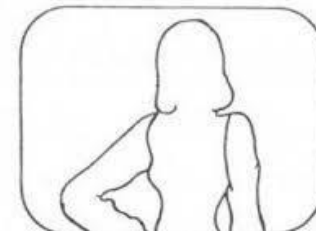
1. Wide Shot (WS)



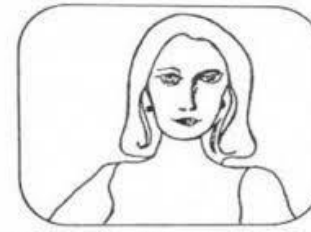
2. Long Shot (LS)



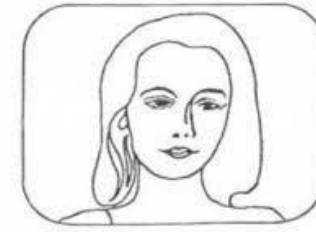
3. Medium Long Shot (MLS)



4. Mid Shot (MS)



5. Medium Close Up (MCU)



6. Close Up (CU)

TECHNIQUES OF RECORDING SELF VIDEOS

This can be a good frame of self talking video.

It is not too close

Not too far, facial expressions can be seen



TECHNIQUES OF RECORDING SELF VIDEOS

Where to look when recording video

The key to making a good video is to look directly at the camera on your phone or laptop and not the screen. A lot of users like to see them on the screen and it's not a good practice. When you look directly into the camera, the viewers who would watch your video will feel you talking directly to them.

TECHNIQUES OF RECORDING SELF VIDEOS

Eye contact is everything when it comes to public speaking, and it's no different when it comes to video. While it's fine to peek down at your pointers from time to time, you should remember to look at your camera.

Of course, it can be very tempting to watch yourself if you are recording from front camera. Doing so, however, will break your eye contact with the viewer.

Placement of the camera/mobile should be on eye level.

TECHNIQUES OF RECORDING SELF VIDEOS

Frame should be fixed

This is a big mistake when recording self videos people often hold the device in their hands and not place the camera on a fixed place, this make video jerky and unsteady.

A tripod could be used if available.

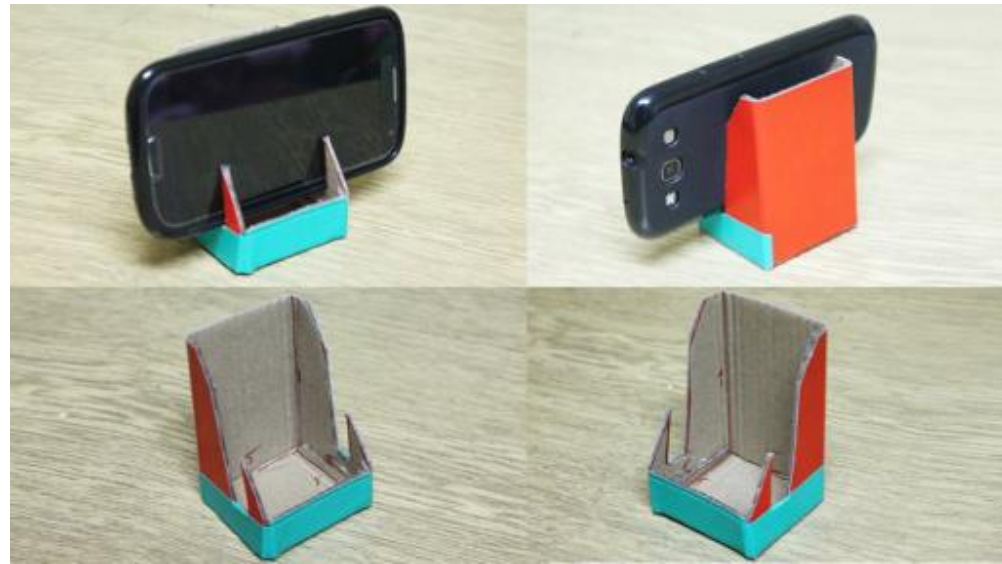


TECHNIQUES OF RECORDING SELF VIDEOS

If tripod is not available anything can be used to fix the



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Light on the subject is also a super key

When you are recording a video (or participating in a video meeting) light should be placed behind the camera not behind the subject.



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Make sure light falls on you that will help with you being the focus on and people will be able to see your expressions better.



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If you are recording the video in day time you can also use natural light coming from a window.(Don't record outdoor if you cannot maintain better audio quality)

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If you have a low light issue or need to have better lighting you can use a simple lamp behind the camera.

Too much light on face doesn't mean good lighting ,light should be appropriate.



TECHNIQUES OF RECORDING SELF VIDEOS

Audio Quality:

The sound is a major component in a Video. You can have a great video, but if the quality of the sound is bad, your video's experience is lost.

The best tip for having good audio is, avoid any sort of distracting noise. The biggest culprit is the fan. The fan pushes wind towards the phone and muffles your voice while talking. The best is to put the fan off.

ADDITIONAL POINTERS (AUDIO)

(Seems obvious, but you'd be surprised ...) Use Airplane Mode!

Set your smartphone on a soft, vibration-free surface so it won't rattle.

Angle your phone's mic away from anything that hums or buzzes (a/c units, coolers, engines, etc). Often even small shifts in mic angle can make a big difference.

Show up early and take a test recording if at all possible—then listen to it carefully to find any other issues you may encounter before getting started.

Carry a good pair of headphones to listen to your tracks carefully. Smartphone speakers are no substitute.

BENEFITS OF USING A HEADSET FOR ONLINE TEACHING

Hear – anyone that tells you that you can hear just as well through computer speakers as you can through headphones as a liar. Unless you're in a soundproof room, you are going to be competing with outside sounds. A quality headset will ensure you hear only what's important – your students.

Be heard – did I mention headsets also have a built in microphone? That means you're speaking directly into a mic vs. trying to shout into some invisible hole that may or may not be located on the front of your laptop.

Focus – there is a psychological influence at work here as well – if you only use your headset to teach, your mind will begin to associate its use with work and will serve as a productivity anchor whenever you put it on.

HEADSETS TO USE

Headset 1



Headset 2



THANK YOU SO MUCH



**STAY HOME
STAY HEALTHY
STAY CONNECTED**