

## **Best Practices To Consider Before Recording Your Video**

### **Tips and Tricks for Recording Your Submission**

- If recording with a phone, using the Horizontal or Landscape Orientation and properly position your device before recording video so it does not flip the orientation while recording.
- If possible, use a tripod; if you do not have a tripod, keep your hands steady while video recording. If you are using a tripod, make sure the iPhone is fastened firmly to the grip before starting to record video.
- Shooting in an area with a good light levels and face the light instead of having it behind you.
- Speak louder than usual so the mobile device can pick up your voice clearly. If possible, use a microphone.
- Pick a quiet location with simple background, e.g., U.S. flag in background (if at work, check with RSO).
- Video shoot the upper body only.
- Shoot with subject slightly off center (i.e., do not position person in the exact center of the frame).
- Speaker can either look directly at camera or slightly off camera when delivering dialogue.
- If you want a blurry background, have speaker move further away from the wall.

### **Recommendations for Speaking on Video** (for the person being recorded)

1. Practice your script so you can say it naturally. Remove complex wording to make it flow better.
2. Speak at a natural pace (but faster than in a formal presentation).
3. Smile.