

FILMING GUIDELINES

1. If you live with someone else, ask them to help you.
2. Use a phone camera rather than a laptop. Place your phone horizontally and at eye-level.
3. Use the rear camera on your phone if you have help. Only use the front (selfie) camera if need be.
4. Set your phone to the following:
 - **iPhone**
 - Open Settings
 - Swipe down and tap Camera
 - Tap Record Video
 - Select 4K at 30 frames per second
 - **Android**
 - Launch the camera application
 - Tap the menu icon in the top left corner
 - Select Settings
 - Find the Video section and tap on Back camera video resolution
 - Select UHD 4k and now you will be shooting 4K video
5. Have your phone on a tripod on placed on a steady table. It should not be handheld.
6. Film in a quiet, well-lit place.
7. Film in front of a background that isn't very busy if possible. Frame yourself as follows:



8. Look into the camera with a smile for 5 seconds before and after. This helps tremendously with editing.