

SELF FILMED VIDEOS – TIPS AND TRICKS



You've been asked to film yourself in a video - we recommend using your **own** mobile device (*especially if you have a recent model*) OR to record using the Zoom platform. If you already have your own process that works for you – use that.

EXAMPLE VIDEOS: [zoom recording](#) + [mobile device recording](#)

ZOOM Options : Select “**Record to this Computer**” as the quality is higher

Video Settings : enable “**HD Video**”

Audio Settings : enable “**Original Sound**” + “**Low Background Noise Suppress**”

Recording Settings : enable “**Optimize for 3rd party**” + “**Choose Location**” for recordings



KEY POINTS

Eye Contact

Vital for viewer connection (and challenging)!

The camera hole is where your audience is

Try to not look at your own face (quite hard!)

*If glancing at notes – return focus on the **camera itself***

Audio Quality

The audience needs to hear you well :

Choose a location that has minimal background noise

Use external mic or headset with mic (+ confirm Zoom settings)

Check audio before recording

Image Framing + Lighting

Make the image look as good as possible:

Position face in the middle and the centre of the screen

*Raise camera to **EYE** level or above (not below)*

*Strong light source **BEHIND** camera and **IN FRONT** of face*

*If using phone record in **LANDSCAPE** and keep stable (stand/tripod)*

TELEPROMPTER: If you are reading directly from a script – copy/paste it into this [online teleprompter](#) – rather than reading from your screen. Make sure to position the text DIRECTLY next to your camera (or as close as possible) so that you maintain eye contact with your audience.

What happens next?



- Once recorded and you are happy with your video – send the **file itself** to CLT AV staff @ clt.comms@anu.edu.au **or** upload file to the relevant Microsoft Form
- You can use a cloud based service if needed like [OneDrive](#) or [Cloudstor](#)