12 TIPS FOR RECORDING YOURSELF

1. Find a quiet space so that your voice is the only, or at least the primary, sound recorded. You can make your space quieter by hanging moving blankets close to you.

2. Choose an interesting background, preferably not a blank wall. Attractive backgrounds might include bookshelves, your office space, etc. I prefer a background that supports your talking points. If you are speaking on internet usage, maybe have a computer in the background. I also prefer areas where there is depth of field, so instead of recording in front of a wall, record in a room where there is space behind you with relevant items. In the internet usage example, maybe record in a computer lab where there are rows of computers behind you.

3. When recording on a smartphone or tablet, always record in landscape (horizontal) mode, NOT portrait (vertical) mode. And set 1080p as default resolution.

4. For sound, using an external microphone is best. But, if you don't have, say, a microphone that can clip onto your clothes and is connected to your device, position yourself relatively close to the device. The closer you are, the better the audio.

5. If someone is holding your camera and your camera can zoom, zoom all the way out to a wide shot and physically move it close to you. Don't set it far back and zoom in. This helps with the stability of your image, and makes sure you are not using a “digital zoom”.

6. It is always best to have a light source to brighten your face, but make sure that any light source (like a window or lamp) is in front of you, not in back of you or you will be darkened.

7. Try to place your phone at, or around, eye level.

8. Try to make sure the camera is steady by placing it on a tripod, propping it up on a surface, or having it held by someone with very steady hands.

9. Try to achieve a pleasing composition. Your eyes or face should be in the upper third of the screen, and you should be centered.

10. Smile before you begin speaking and after you finish to help set the tone for a "positive" affect during your talk.

11. When you are finished recording, continue looking at the camera for a few seconds before turning it off. Likewise, let the camera record a few seconds before you begin talking as well. This will help with editing/trimming.

12. It is a good idea to do a test recording of a few seconds and play it back to make sure that everything looks and sounds good.