6 TIPS ON WHAT TO WEAR

Here are a few tips to consider when preparing to record yourself.

Tip 1. Extreme tight patterns on your clothes are a No No. Checked, tartan, fine pinstripes and all other fancy patterns do not work particularly well as the pattern begins to flicker on camera and becomes very distracting.

Tip 2. Avoid contrast extremes: Try not to wear all white in front of a white background, or all black in front of a black background, or your clothes may blend into the background causing your head to appear as it is floating in space. Likewise, if the contrast is too high, if the background is black and you are wearing all white, the white will bloom. And darker skin appears even darker in front of a white background.

Tip 3. Try to avoid wearing eye-glasses. If you wear glasses and have contact lenses I would advise you wear the latter. When wearing glasses, lights can sometimes reflect on the lenses. As a result, your eyes will be hidden behind a bright light flare from the light.

Tip 4. Using microphones: If you have a lapel or lavaliere microphone, place it close to the center of your chest. Wearing a button shirt will help. That way, no matter how you turn your head, the microphone will pick up evenly. If you have a mic on a stand on your desk, try to keep it around 6 inches from your mouth to avoid recording popping and plosives. Make sure you check and set your record levels if possible. Hide the microphone and cable from camera view as much as possible. Monitor your sound quality by using headphones if possible.

Tip 5. Video cameras inherently make us all look paler than we look with the naked eye. So, if you are willing, a little makeup with help bring out your color on camera.

Tip 6. Avoid wearing silver and gold jewelry. Some jewelry can be worn, but the lights may reflect off silver and gold jewelry causing them to “flair”. This can be quite distracting for the viewer. Be careful with necklaces also. They may knock against the microphone causing intermittent clicks during your talk.