

Helpful Guidelines and Tips When Recording on a Phone

Thank you for agreeing to participate in our project. These guidelines and tips will improve recordings and allow us to feature your words in this project.

- Please film your video horizontally. This will allow for proper framing.
- Please make sure you are close enough that the phone is able to hear you.
- Please set your phone down so that the phone is not shaking.
- Please make sure your head is not taking up the whole screen. Try to sit far enough back that your head is in the upper two thirds of the screen.

An Example of a good position would be:



- Make sure you are in the best location for recording yourself.
 - Choose a non-distracting background.
 - Avoid showing ceiling fans and other visual background distractions from your great recording.
 - Sit in a well-lit room.
 - The best place for lighting is directly in front of your face (behind your computer camera). This means you should plan to sit in front of a window or lamp.

Examples of Good and Bad Lighting are identified in this picture below:

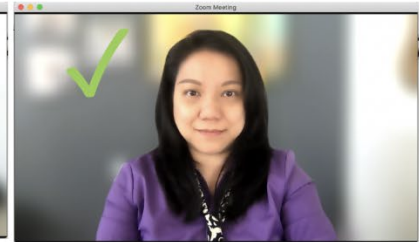
Good Lighting Options



Good natural light from the left hand side



Facing the window, even natural light



with Ring Light, skin tone more evened

Bad Lighting Options



Face is dark with light behind you



Bad lighting in your room



No lighting

And remember, please aim for your video to be around a minute in length.