



Best Practices: Recording Video from Home

Equipment

We recommend using an **iPhone or other smartphone**, but a Mac or PC computer running QuickTime is a good alternative.

Setting up your camera

iPhone/smartphone:

- In your phone's settings, set your camera to record video at **1080p at 30fps**
- Open your camera app
- Hold your phone in landscape mode (horizontal instead of vertical)
- Hit record

QuickTime:

- In the FILE drop down menu (upper left), select NEW MOVIE RECORDING
- In your video window, click on the dropdown arrow to the right of the record button. Under QUALITY, select MAXIMUM
- Hit record

Setting up your environment

- Try to situate yourself in a quiet location for the best possible audio quality. A room with a rug can help minimize echo.
- Sit in front of a light or window (facing the light source) to illuminate your face; position yourself without lights or windows behind you.
- Try to raise your phone or computer to align your camera with your eye level
- Be aware of items behind you! You may want to remove items you prefer not to be seen on camera.
- When possible, try to look at the camera on your device, not your screen. If recording on your computer, you may want to cover your computer screen with a piece of paper to keep you focused on the camera

Do a test recording, then play it back. Make sure you're happy with the audio and video quality before proceeding.