

Remote Presentations and Recording Videos From Home

With the right technology and best practices, it's easy to present remotely and record videos in the comfort of your own home. Follow these best practices to produce a great presentation.

LOCATION

- Choose a location that is relatively quiet (e.g., no background music, dogs barking, sirens, loud talking). Be aware of outdoor noises as well.
- Your location should have an interesting, but noncluttered background. The audience should focus on you and not your background.
- Do not stand against a wall. The more depth behind you, the better.

LIGHTING

- Position yourself with the main light source behind the camera. Diffused natural light from windows is often the best light source.
- It's best to have two light sources when taping your video. Avoid overhead lighting, which creates unpleasant shadows on your face.
- Do not have windows or miniblinds behind you.

MOBILE PHONE

- If you're recording with your mobile phone, be sure your camera is set to record at least 1920x1080. For iPhone, go to Settings and scroll down to Camera. Set Record Video to 1080 at 30fps.
- Position your phone at eye level so you're looking straight ahead, not up or down.
- Position your phone sideways, also known as landscape mode. Never film vertically or in portrait mode.
- Frame yourself in the center of the screen with minimal headroom (space above your head).
- Look directly into the camera lens and not at your own image on the phone.

WEBCAM

- Use a good quality webcam such as an HD (1280x720 resolution) webcam or better.
- Frame yourself in the center with minimal headroom (space above your head) and show your head and shoulders down to the midchest. The webcam may allow you to tilt and/or zoom to adjust framing.
- Get close to the webcam so that your face is the primary object in the video. If your webcam doesn't have zoom functionality, simply move yourself closer to the webcam.
- Position the webcam at eye level. You don't want to be looking up or down.
- Always look directly into the webcam lens and not at the computer screen.

AUDIO

- It's best to use a headset or external microphone that will plug into your mobile phone or computer. This provides far better audio quality than the internal microphone.
- If you're using the internal microphone on your mobile phone, proximity to the microphone is critically important.
- Be sure to silence your mobile phone during recording.

APPEARANCE/WARDROBE

- A business casual look typically works best. Professional and stylish, but not too formal. Avoid shirts or sweaters that are solid white or solid black.
- Conservative colors tend to work best.
- Avoid tight patterns such as small herringbone or stripes.
- Don't wear jewelry that will distract from the video (e.g., wearing multiple bracelets could make noise during taping).