Quick Steps to Record Video with Your Mobile Phone

1. Start with a Quiet Place
2. Turn phone sideways (landscape mode)
3. Look straight at phone (ie. not at an angle)
4. Press record [wait-speak-wait] Press Stop
5. Upload your files to an easy to use platform

IMPORTANT

• Avoid laptops or tablet cameras as those are usually lower resolution.
• The camera on the back on your mobile phone is usually higher quality than the front facing camera.
• Set your camera recording to 4K (might be listed as 3840 x 2160). A resolution of 1920 x 1080 will also work well. Avoid 1280 x 720 if possible. This can be configured in your camera settings.
• A large source of soft light is going to be more flattering. One great location would be across from a large window with natural sunlight. Do not sit in front of the window or it will create a silhouette.
• Position the camera in landscape mode, so the image is wide, not tall. Do not film in portrait mode.
• The camera should be placed directly in front of you and not a low angle, such as below the chin (leave a small amount of space above and below your head)