

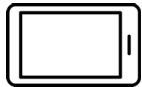
UC SANTA BARBARA

Tips for filming from home

Equipment, Framing, Lighting, Sound, Background & Filming

Tips for filming from home

Equipment



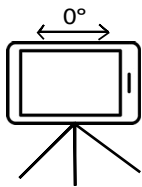
A stable phone camera is recommended for its generally good video quality.



A secondary option is to combine a laptop camera with video communication software such as Zoom.

When finished and saving your video file, save it at the highest-quality and size available (ideally HD 1920x1080, or as close to that size as possible).

Framing



Make sure your phone is placed in the horizontal (sideways) position and **level**.

Make sure your camera is stable. Handheld video is not recommended.

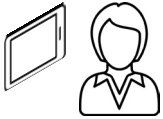
Use a tripod if you have one.



If you don't have a tripod, here are some simple solutions:

<https://www.youtube.com/watch?v=TTtJovKtujo>

Framing



Your camera should be the same height as your face, not below it.
Place the camera a little higher than eye level so you are not looking down.



If you are using Zoom and a laptop or desktop, you can put books underneath the computer to raise the height of the webcam.



Your face should be fully in the frame.
Do not let the frame cut off the top or bottom of your head.



Ideally, your eyes should be a little above center, with not too much space above and not too much space below your head.

Lighting

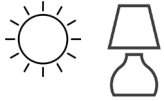


Always film in a well-lit space.
The light source should be in front of you.
Face a window or lamp, and check to make sure that shadows aren't too harsh.



Never film yourself with the light source behind you, such as sitting with your back to a window (this will cause a silhouette).

Lighting



Try not to mix different light sources. If you are near a window and that is the primary light, turn off other nearby table lamps or desk lamps that are lighting your face, since the colors from each are different. (If they are in the background and not hitting you, that is ok.)

Sound

Eliminate noise: make sure you are in a quiet place without background noise of traffic, machines, television, other people, etc.

For the best sound, use small, wireless earbuds or ear-bud style headphones equipped with a microphone.



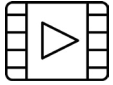
We do not recommend using large, headset style earphones/microphones.

Background

Make sure your background is tidy and not distracting.

If recording on Zoom, it is possible to use a virtual background. If you prefer to use one, make sure the image is appropriate to your message. UC Santa Barbara branded backgrounds are available here: <https://ucsb.box.com/v/virtual-backgrounds>

Filming



Give a few seconds of lead time before and after your take. You do not need to trim any extraneous footage.

Have questions or need help?

Feel free to reach out to our [Graduate Student Resource Center team](#).