



How to Record Great Video Cheat Sheet

Sample clips: [CBTU Summer Camp](#) | [LDPC Sick Days](#) | [CUPE 4948](#) Trailer: [Facebook](#) | [YouTube](#)

1. Set up your camera

- ✓ Use a high quality video recording app, otherwise opt for the camera
- ✓ Check your settings to increase video quality
Settings → Camera → Record Video → Choose highest resolution possible (most cell phones have 4k video capability)



2. Orientation

- ✓ We'd love selfies and close ups!
- ✓ Hold your camera/phone horizontally, not vertically (to avoid those black lines)
- ✗ Avoid filming up at someone's face – it's unflattering

3. Lighting

- ✓ Record outdoors if possible
- ✓ If inside, make sure you have light flooding the room. You can also play with adding lights closer to the subject in order to achieve more focused lighting
- ✗ Avoid back lighting – instead have the source behind or beside you

4. Dynamic Location

- ✓ Have your subjects in an action setting that makes sense for them (teacher – classroom, nurse – hospital)
- ✗ Avoid static set ups like at a desk or table with plain backgrounds

5. Lock Focus

- ✓ Tap (Android) or hold (Apple) your phone's screen on the point you want to focus on.
- ✓ Most phones allow you to adjust exposure by moving your finger up/down

6. Audio

- ✓ Use your headphones, or better yet, Bluetooth headphones in order to have clear audio
- ✓ Borrow a second phone, start recording audio, and place the phone in your subject's pocket – we'll combine the audio and video for you

7. Use Both Hands!!

- ✓ Keep the camera steady by using both hands and keeping your elbows bent, close to your chest
- ✓ Invest in a tripod if you think you will be doing these often.

8. Have fun!!

- ✓ Break the rules. Play. Dance. Add music. We want to see your joy!