



Center for
Digital Education

PRACTICAL TIPS FOR SELF-RECORDING

Lighting



The light from a window is the best way to get a proper camera exposure. Situate yourself so that the window light is illuminating your face, not the back of your head. Light from behind will create an unpleasant silhouette effect.

Camera



When using a laptop, a stack of books will help you elevate the webcam to eye level. Place your head close to the top of the video frame, like in a passport photo. Avoid tilting the screen up, as this makes your chin and nose appear larger. Always use landscape orientation when recording with a mobile device. Portrait mode cannot be converted to full screen on a computer.

Sound



Record in a place that is isolated from street noises, wind, appliances, pets and air conditioner noise. Choose a room with carpet or rugs and soft furniture. These items will help control echo and room sound.

What to Wear



A blue, red or green shirt is always a winner. Avoid clothing with logos, images and text, which may be distracting on camera. Avoid clothing with tight patterns. Do not wear jewelry that makes noise.

If you have further questions, please contact the
Center for Digital Education at olin-cde@wustl.edu or [our site](#).