



Recording Video on Your Phone, Camera, Laptop

Before You Begin

Check Your Device

- **Resolution:** Use the highest quality camera settings to record your video in 1080 HD or 4K.
 - [How to Record HD or 4K video with your iPhone](#)
- **Clean Lens:** Make sure your camera lens is clean to avoid a blurry image.

Pick Your Location

- **Audio:** Make sure you are in a quiet area with no background noise.
- **Lighting:** Film in brightly lit areas, but avoid direct sunlight as this can cause over exposure. Most phones use touch focusing. To use this, touch the area on your screen where the subject is.

During Filming

Filming Best Practices

- **Orientation:** Record your video horizontally in landscape mode.
- **Camera:** Use the back facing camera on your phone as it has a better lens than the front facing "selfie" camera. Since you will not be able to view yourself when filming, do a test run to check positioning of where you need to sit or stand to be in the frame.
- **Framing:** Use the rule of thirds. When there will be text/graphics added to the final video, have the subject/speaker be offset so there is room on the left or right side. If there will be no additional graphics, have the subject/speaker centered.
- **Stability:** Use a camera, phone, or laptop that is stationary and is not held in your hand, as this will limit camera movements. A tripod is best, but stacked books or a shelf can also be used.
- **Starting/Ending:** When you start and end the video, pause with a neutral face (mouth closed and not talking or moving) for good starting and ending frames. Remember, the beginning and ending of your video can be edited out and you can also use a timer to start recording.

After Filming

Sharing the Video

- **Sending:** Review your video file and select the "Share" option on your phone. Depending on the video size, you can share your video directly from your phone. For larger videos, upload the file to a sharing platform like Dropbox, Google Drive or iCloud and send the link to download.
- **Compress:** Avoid compressing the size of your file as this will reduce the quality.