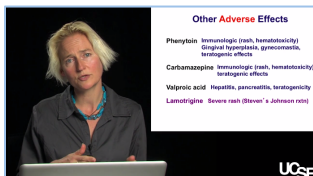


Presenting Yourself on Camera

Presenting your material in front of a camera feels very different from speaking in front of a large audience. The small scale of the room and lighting setup can be intimidating.



more intimate way than when delivering before a large audience. With that in mind, the following are some tips to prepare and conduct yourself through the recording process successfully.

Please keep in mind that the students will experience the videos as a 1-on-1 session with you — so there is opportunity for you to connect with the student in a

Please be aware that time will be allotted for you to acclimate to the room's configuration before the recording session begins.

Before the shoot

What to do

- Wear solid colored clothing. Preferably, something that makes you feel good about yourself.
- Stay hydrated! Since you will be doing a lot of talking, it's important that you are able to speak with clarity for an extended period of time.
- Think about how you want to verbally introduce and conclude each session.
- Set up your slides in Powerpoint and provide in advance to the videographer, if possible.
- Do a dry run through the material by yourself and time the experience.
- Review all of your slides in an effort to make sure we can record through without many stops.
- Turn off sound on your laptop, and set your mobile devices to 'silent' or 'vibrate'.

What to avoid

- Don't arrive hungry! Make sure you've eaten a solid meal beforehand.
- Don't wear loose jewelry with interlocking pieces that could jingle during the recording.
- Avoid wearing black.
- Avoid busy patterns (herringbone, small checkered/paisley prints) in your clothing. This can cause a moiré effect on-camera that is distracting to the viewer.
- Don't wear a shirt with a logo or printed words on the front, which distract from your face.
- Don't mention the name or number of the class in your presentation.

What to do

- Look directly into the camera to establish a personal connection with the viewer.
- Maintain good posture. Focus on sitting up straight, keeping your shoulders squared, to demonstrate that you are focused and engaged.
- Speak in a conversational tone.
- Do your best to be enthusiastic – in whatever way is genuine for you.
- If you make a mistake – feel free to pause, collect your thoughts, and restart from the point at which you made the error. Don't worry about having to start from the beginning.
- Keep your feet planted firmly on the ground.
- If using a stylus – you can lightly rest your hand on the stylus pad when pointing with the stylus.

During the shoot

What to avoid

- Avoid looking at people in the room for response/feedback.
- Don't read from a script! Bullet points or an outline can serve as an aide, but word for word dictation comes across flat.
- Avoid making broad gestures with your hands, as they may travel out of the video frame.
- Don't swivel or rock in your chair.
- If using a stylus - don't highlight too slowly with the stylus -- as this can cause stuttering during the recording.



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