

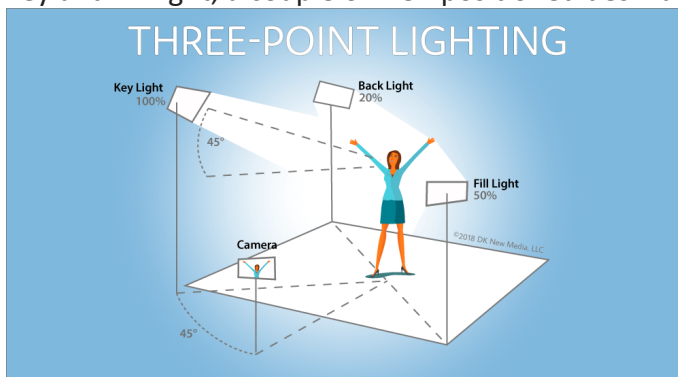
## How to record or present with an iPhone or Web Camera

### IF USING AN IPHONE OR SIMILAR

1. Use a tripod to hold the phone steady, and have a helper frame the shot and stop and start your iPhone.
2. Make sure the phone is positioned horizontally(Landscape)



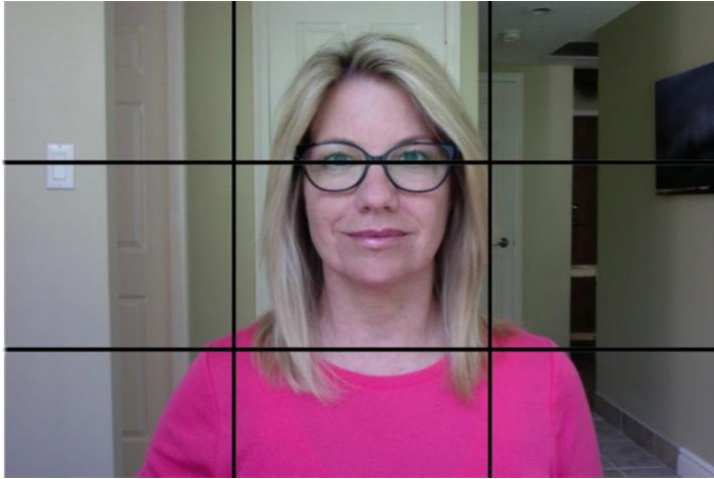
3. Never use the iPhone digital zoom, position the camera as close to the subject as possible, and frame it without zooming in.
4. Light your subject from the front- make sure there is no strong backlight (i.e., the sun)- ideally use the 3 point lighting technique, but if that is not available, make sure you have a key and fill light, a couple of well-positioned desk lamps work quite lovely.



5. Use the exposure lock to lock iris to the face tone  
(here is a how-to video- <https://www.youtube.com/watch?v=aKNeX533guA>)
6. Position your microphone close to your subject, (i.e., have the phone near the presenter)

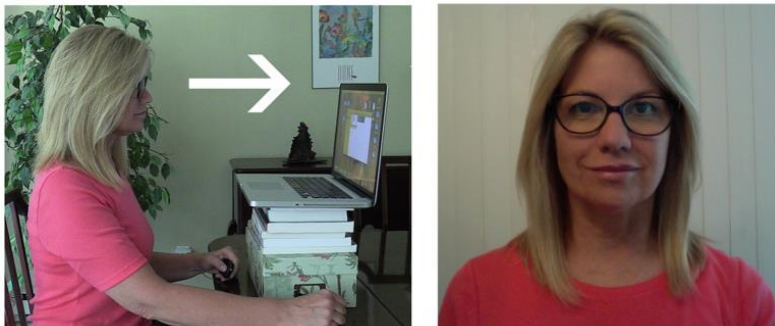
## How to record or present with an iPhone or Web Camera

7. When framing the shot- make sure your face and body occupy the middle 1/3 of the screen, with minimal space above your head with your eyes in line with the camera.



### **IF USING A COMPUTER OR WEBCAM**

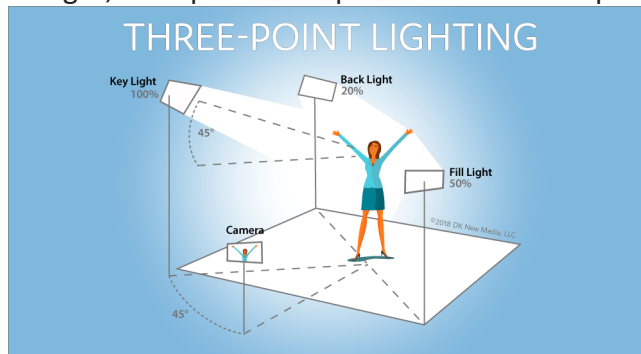
1. If you're using a laptop with a built-in webcam or using a detached webcam, make sure the camera is eye-level. This is not an issue with a desktop computer, but if using a laptop, place books under the unit to raise it to eye-level. Sometimes you need to lower your chair to achieve the proper height.



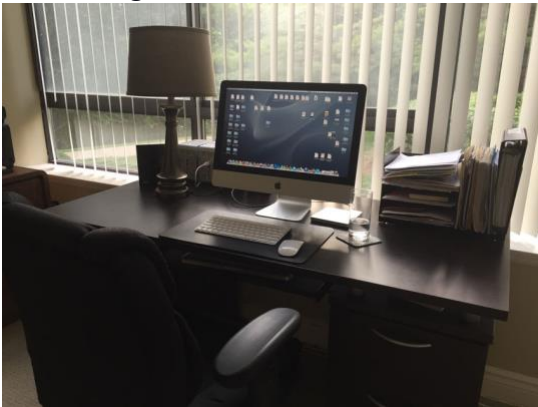
2. Never use any form of digital zoom, get the computer as close to the subject as possible, and frame it without zooming

## How to record or present with an iPhone or Web Camera

3. Light your subject from the front- make sure there is no strong backlight (i.e., the sun)- ideally use the 3 point lighting technique, but if that is not available, make sure you have a key and fill light, a couple of well-positioned desk lamps work quite lovely.



4. If possible, position your computer so you're facing a window to take advantage of the natural light.



5. Position your microphone or computer close to your subject.
6. When framing the shot- make sure your face and body occupy the middle 1/3 of the screen, with minimal space above your head with your eyes in line with the camera.

