

Selfie Video Filming Guide

How to set up your phone

Orient your phone in the landscape position. If you're putting your phone on a tripod, make sure it's not leaning back or forward. It should make a 90-degree angle with the desk or surface the tripod is on.

Make sure you're 3 to 5 feet away from your phone and have the phone level with your head so you can look straight into it. It's ok to be on a slight angle, but readjust your set up if you have to look up or down to look into the phone. (See the image below for how your video should appear.)



Where to film

Pick a quiet setting with a lot of natural light if possible. A room with soft but ample light is a good setting as well.

What to wear

Believe it or not, what you wear can impact the footage you capture. Try to avoid plaid patterns or extremely bright colors.

What settings to use

Most iPhones, Androids, and Google Pixels have great cameras that clearly capture audio and video. As long as you're in the right setting, you shouldn't have to worry about adjusting settings, just use what's default. If you follow the rest of the best practices on this resource, you'll be fine.

Be casual, do a few takes, and have fun!

These videos are intended to be short, digestible conversations. Aim for 30 seconds or less. Keep your language light and informal. Instead of writing a script, try to create some bullet points and just speak openly and freely. Do multiple takes until you feel comfortable that you have one that you like, and remember it's OK not to be perfect. Also, remember to have fun with it and show emotion and passion for what you're talking about!