

LEVEL UP - How to record a Video Diary TRANSCRIPT

A VIDEO DIARY a personal view of how you see your world. It often includes candid reactions and thoughts, spoken right to the camera.

You can use your phone to film your video diary but first you need to **clean the front lens** with a soft cloth and turn off notification sounds.

Next, check your settings. For iPhone scroll down to “Camera”. Then “Record Video” and choose 1080p at 30 frames per second.

Then go to Camera > Formats and choose Most Compatible.

For Android phones, the settings are in the Camera app.

Next, prepare your room. You should sit at least six feet from a wall behind you. Look carefully at the background and remove distracting objects.

If possible, natural light from a window or door should illuminate your face from front or side and avoid light sources from behind or above.

Once you’ve found a good spot. **Prop up your phone** using a phone mount or place where it would be at eye level. That way, the camera isn’t looking up at your nose.

Next, listen to your room. Do you hear any sounds you could turn off? Recording from 2-3 feet away from your phone should give you a pretty decent audio recording

Now, do a test. Record yourself talking and looking right into the phone’s camera lens. Then watch your test to make sure you are framed and lit properly, the sound is good, and the background is clear.

Finally, you are ready to record yourself!

Try to answer in full sentences that restate the question.

As much as you can, try to relax and be yourself. It's OK to be funny or make mistakes.

Your viewers just want to get to know you and hear what you have to say!