

Self-Filming Recommendations

1. Film with a background free from clutter.
2. Presenting near natural light is helpful but windows and shadows should not be visible in the background. Facing a window can be helpful as long as it isn't the direct sun. Avoid sitting directly underneath a light to reduce dark pockets on the eyes. Other incandescent light should not appear in the frame.
3. Position the laptop/webcam/mobile phone so the lens is even/level with the presenter's eyes. This will prevent the ceiling from appearing behind the presenter's head.
4. Frame yourself so the eyes are $\frac{1}{3}$ of the way from the top of the screen and the head and shoulders are centered with plenty of room from edge to edge.
5. Maintain eye contact with the camera lens as much as possible.
6. Use a microphone if at all possible. Consider how "live" the room sounds. If the room is filled with hard surfaces that sound would bounce off of, consider putting a blanket on the table or floor.
7. Look at the whites and blacks in the frame. Both colors should still have texture in them. If not, you are either under or overexposed. Fix by adjusting the ambient light in the room or the distances between camera/subject/background.
8. Prior to recording, perform a test recording for one minute and review it for the quality of video and audio. Adjust as necessary.
9. Please provide a few seconds at the beginning and end of each presentation where there is no content so we can transition easily.
10. Wear clothing that represents your college or career program.
11. In the video, please state your name and your high school. Keep your video short; 15-seconds is great. Please see examples for reference.
12. Once you are satisfied with your recording, send the file using WeTransfer. At this time, the Frame.io app is not able to upload from a mobile device
13. Uploading to WeTransfer from a computer: Head to wetransfer.com. Drag your files or click "select a folder" to add the file you'd like to send. Enter info@detroitcan.org in the "email to" section. After adding your email and an optional message, click transfer. A verification code will be sent to the email address you provided for yourself. Enter the code sent to your email on the wetransfer.com page and your file will be sent.
 - a. Uploading to WeTransfer from a mobile device: Head to wetransfer.com on your internet browser app. Click the blue button and select your photo library. Choose the video you'd like to send and hit next. Select "send an email." Enter info@detroitcan.org in the "email to" section and your own email below and hit transfer. A verification code will be sent to the email address you provided for yourself. Enter the code sent to your email on the wetransfer.com page in your internet browser app and your file will be sent.