



## Lights, Camera, Legacy: Tips for Filming Your PS&F Video

### 1. Set Up the Phone Horizontally

Make sure your phone is in landscape (horizontal) mode for a consistent, professional look across all videos.

### 2. Use a Stable Surface

Place the phone on a steady surface or use a tripod to avoid shaky footage. If holding the phone, keep your hands as still as possible.

### 3. Choose a Quiet, Well-Lit Location

Aim for a quiet spot with plenty of natural or bright indoor lighting. Face the light source (like a window) to prevent shadows and keep your face well-lit.

### 4. Position Yourself Centered and Eye-Level

Frame yourself in the middle of the shot, with the camera at eye level. Keep your head and shoulders in view, with a little space above your head.

### 5. Limit Background Distractions

Keep the background simple, tidy, and free from distractions. Avoid areas with excessive movement or noise.

### 6. Speak Clearly and with Energy

Aim for a clear, upbeat tone. Speaking with a little extra energy can help keep the video engaging.

### 7. Mind the Length

Keep responses to around 30 seconds per person. If unsure, record a few practice takes to get comfortable.

### 8. Check Audio

Do a quick playback to ensure your voice is clear, especially if filming outdoors.

### 7. Avoid Zooming or Moving While Filming

Use the phone's natural zoom (don't pinch to zoom in) and stay steady in one spot to maintain a consistent focus.