

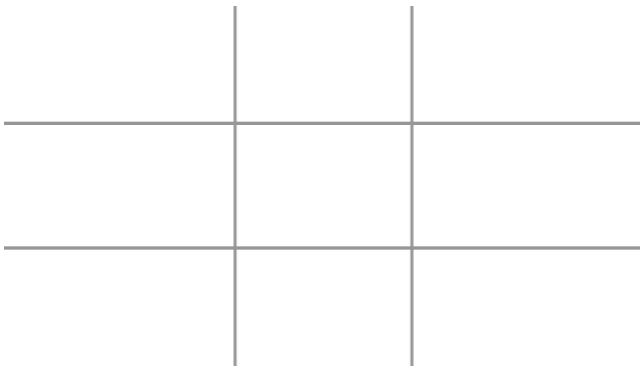
REMOVING THE MEDIATION GUARD



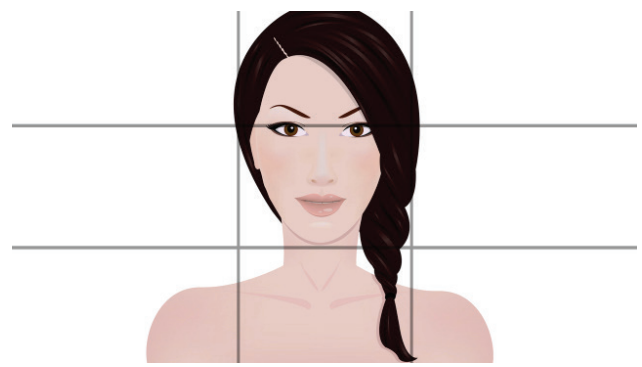
REMOTE RECORDING

APPLY THE RULE OF THIRDS

A common mistake made by individuals during video calls is the incorrect application of the 'rule of thirds'. This rule, essential for composing balanced visuals, involves dividing the frame into nine equal parts. This division creates a grid that serves as a guide for positioning points of interest. To enhance their appearance on screen, participants should align their eyes with the top horizontal line of this grid, as demonstrated in the example below.



Rule of thirds - screen is split into 9 sections



Presenter eyes positioned correctly on top bar

CORRECT POSITIONING USING LAPTOP

When filming on a laptop, adjusting the camera angle is crucial. Tilted screens, as in examples A and B, can lead to imbalanced appearances. Opt for balanced positions like examples C and D. For example D, use books to level out the angle using a stack of books to achieve a leveled angle. the laptop so it is composing your face more evenly.



Example A - Screen tilted inwards (incorrect)



Example B - Screen tilted outwards (incorrect)



Example C - Screen centered (correct)



Example D - Books used to raise laptop (correct)

BACKGROUND

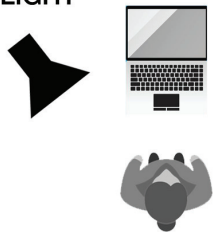
BACKGROUND SET-UP

When recording, ensuring a suitable background is crucial. Start by decluttering to draw focus towards you, not the backdrop. To maintain professionalism, consider removing personal items, such as family photos.

SET-UP A ONE OR TWO POINT LIGHTING SET-UP

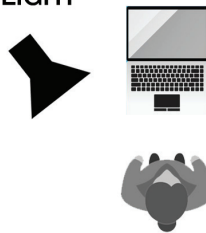
Proper lighting setup before a live broadcast ensures a professional look. At least a one or two-point light setup is advised, involving a key light and possibly a fill light. The key light serves as the main illumination, while any additional light acts as a 'fill light' to balance shadows.

KEY LIGHT



Example A - One point lighting

KEY LIGHT



Example B - Two point lighting

FILL LIGHT



KEY LIGHT



Example C - Window as key light

AUDIO

Generally, choose a quiet room for live recording. Avoid spaces with excessive street noise or humming from heating or air conditioning units. Various audio equipment options are available for beginners. A lavalier microphone, easily attached to both a laptop and the participant, is a good start. Alternatively, stationary USB microphones can be attached to desks.



Option A - A lavalier mic



Option B - Stationary microphone

OTHER ESSENTIALS

WEB CAMERAS - DO I NEED TO UPGRADE?

Most modern laptops come equipped with a webcam, but quality varies significantly. Often, less expensive laptops feature lower-quality webcams, as many manufacturers cut costs in this area. Even pricier laptops may not guarantee a superior built-in webcam. If your existing webcam offers low resolution, consider upgrading to a more professional model. Aim for a webcam with a minimum resolution of 1080p.

INTERNET SPEED

Additionally, it's important to check your application settings to ensure they are not limiting your video quality. For example, some applications may default to 720p video resolution, despite your internet connection and webcam supporting higher resolutions.

In both Google Meetings and Zoom, you can adjust this setting. Navigate to the video settings in your chosen application, and make sure the resolution is set to 1080p, or the highest resolution your equipment can support. This adjustment can dramatically enhance the clarity of your video feed, presenting you in the best light possible during your remote calls.