Quick Tips to Enhance Your "Talking Head" Videos

**Lighting Tips**

1. **Use a white piece of paper or poster board placed opposite the light source.**
   This reflects light onto your face softening shadows and brightening your eyes.

2. **Turn direct, strong lights toward the wall in front or beside you.**
   This makes the wall a large light source instead of a harsh light bulb.

3. **Use poster board or corkboard to block window light.**
   Some days are just too bright. Blocking windows allows you to better control the lighting in the room.

**Background Tips**

1. **Remove distracting objects from the background.**
   Moving or brightly colored backgrounds and distract the viewer from the message being delivered.

2. **Remove tree-like plants and other long, strange objects from the background.**
   If only part of the object is visible, something could look as if it is growing from your head.

3. **Create distance between you and your background.**
   Some cameras will keep your face in focus while the background blurs.

4. **Light your face brighter than the background.**
   Bright backgrounds can create a silhouette effect.

**Angle and Framing Tips**

1. **Use a stack of books or lower your chair so that the camera is at or slightly above eye-level.**
   This allows for comfort when speaking to the camera, is more flattering, and allows for better interaction.

2. **Play with the “Rule of Thirds” when framing.**
   If you decide to position yourself on a “third” of the frame, be sure to **angle your body toward the empty part of the frame.** This allows for content to be added in the blank area as well as demonstrating and displaying items.

**Unconscious Actions**

1. **Be aware of noises and distracting movements that are commonly ignored in person.**
   This includes drinking, tapping/clicking pens, tapping/hitting the table, swiveling in your chair, etc. If you must drink or make other noises, mute your microphone and/or drink out of frame.

2. **Try to keep eye-contact with the camera at least part of the time.**
   People who videoconference and video-call often watch the person talking to them. This is because we look at people when they talk in person. However, the viewer is not getting the eye-contact you feel you are giving. If you speak to the camera, this appears as if you are looking at the person you are talking to.