

# Tips for recording video

1. Plan your video prior to filming.
2. Do not wear any clothing with logos other than Rutgers gear.
3. Create 3 seconds of silence at the beginning and end of your video.
4. Choose the right background for your video. Find a location (either indoors or outdoors) free of clutter or personal, unwanted, or distracting items.
5. When using a script, keep it at eye level.
6. **ALWAYS** shoot in landscape format when using a camera or cell phone.
7. Use a tripod or clip to secure the device from moving.
8. For best composition, frame yourself centered or just a bit off-center, and do not leave too much space above you.
9. Use an external microphone for recording, if possible, and position yourself as close to the microphone as you can.
10. Seek good lighting. Have your camera in front of a light source such as a window or light.  
Samples:
  - Outdoors on an overcast day to avoid shadows and harsh light.
    - An hour after sunrise or an hour before sunset
  - Indoor location with many light sources: a ceiling light as well as additional lights.
11. Avoid reflections from eyeglasses. Set additional lighting to the side instead of in front of you. Position it until you no longer see a reflection from the eyeglasses.
12. Film at the highest resolution your device will allow.
13. Do a test run and review the video for any distracting noises, lighting, or reflection issues.

## Additional resources:

- [\*How to shoot better video with your phone\*](#)
- [\*How to film like a PRO with your phone ONLY\*](#)
- [\*Using a light with glasses\*](#)

**RUTGERS**  
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