

## Successful Video Tips

- **Background:** Make sure what the camera can see in the background is clean and uncluttered. Try to find a neutral space as a backdrop, like a wall or a door. You want the focus to be on you.
- **Camera Position:** Your camera should be at eye level. When using your tablet, you might want to prop it up against a wall or something sturdy, so your camera is at eye level. You might try using a stack of books or magazines to get your tablet at the right height.
- **Lighting:** The room you choose should have good lighting. You might consider putting a lamp next to your computer facing your face to make sure that you look your best too!
- **Eye Contact:** Remember to make eye contact with the other participants. This means looking directly into the camera – not at the image of yourself!
- **Noise:** Find a quiet space! Normal, everyday sounds can be very distracting on video. For example, if you live on a noisy street, sit as far away from the window as possible.
- **Hand Gestures:** If you use your hands a lot when you talk, try to keep these gestures to a minimum. If there is a delay or a lag in the connection, it can look worse if your hand is blocking your face!