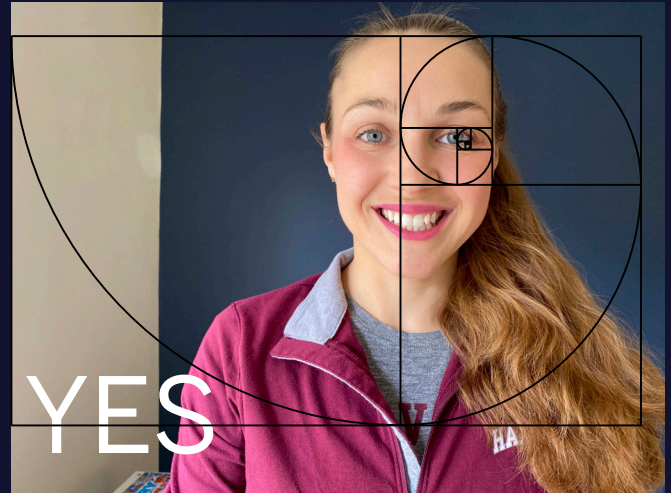




Avoid backlight. Do not film with the window (or any light source really) behind you. Instead, face the window so the light can hit your face.



Turn the camera horizontal (wide orientation) for filming (just like how Zoom does).



Don't feel the need to fill the entire frame with just your face. Instead, step back and position yourself in the frame from the waist up, maybe seating, slight off-centered



Double check what's in your frame. Are there any unsightly items that are distracting, like a box of tissues, music or a can of soda or a water bottle? Try to remove anything that stands out in the frame.



Avoid filming with the camera/phone aimed upward. (This can and often will create unnecessary chins and rolls in places). Try to place the camera aimed slightly downward so that when you look into the camera your chin will draw upward.

