



Top Tips for Selfie Videos

Whether you're using the camera on your phone or a webcam on your desktop/laptop, follow these top tips to create better selfie videos.

Keep it short and sweet – under a minute if possible. This is of course dependent on the content of your video, but as a rule of thumb, the shorter the video, the more likely your audience is to watch it all the way through.

Composition and framing

- Film the video in landscape orientation, rather than portrait.
- Make sure the resolution of the video is set to at least full HD 1080p.
- Raise your camera so that it is at eye level (or slightly above eye level if you can) and frame yourself in the middle of the screen.
- Keep the camera steady – you could use a [tripod](#) or phone holder.
- Look directly into the camera when speaking.

What's behind you?

Pay attention to your surroundings – what will be in the background when you're filming?

Lighting

- If you're filming indoors, try and find a room that is well lit.
- Sit or stand with the light source facing towards you. If the light is coming from behind you, you will be in shadow in the video.

Sound – avoid noise as much as possible

Choose a quiet room/location and speak directly into the microphone if possible. You could use the microphone on your phone's handsfree headset.

Plan what you're going to say

Plan and rehearse what you want to communicate in your video. Stick to three or four key points and use appropriate and accessible language for your audience.