How to record yourself using a mobile device, or tablet

Recording yourself using a mobile device or tablet is relatively straightforward, but there are some key steps you can follow to ensure your video is of high quality. Here's a step-by-step guide to help you:

1. Preparation

- Choose a Quiet Environment:
  - Select a quiet place with minimal background noise to ensure your audio is clear.
  - Avoid locations with echoes or loud ambient sounds like traffic or wind.

- Good Lighting:
  - Natural light is the best. Position yourself facing a window for even lighting.
  - If using artificial light, make sure it's bright and not too harsh. Place the light source in front of you, not behind, to avoid shadows on your face.

- Background:
  - Choose a clean and uncluttered background. A simple, non-distracting background will keep the focus on you.
  - Avoid busy or messy backgrounds unless they add context to your recording.

2. Setting Up Your Device

- Positioning:
  - Use a tripod or a stable surface to keep your device steady. Shaky videos can be distracting.
  - Position the device at eye level, so the camera is directly facing you. This provides a natural and professional look.
  - Frame yourself properly. Ensure there's some space above your head and that you're centred in the frame.

- Orientation:
  - Decide whether you want to record in landscape (horizontal) or portrait (vertical) mode:
    i. Landscape mode is generally better for videos to be shared on platforms like YouTube or for presentations.

ii. Portrait mode works well for platforms like Instagram Stories or TikTok.

- Clean the Lens:
  - Wipe the camera lens with a soft, clean cloth to remove any smudges that could affect video quality.

3. Recording Settings

- Resolution:
  - Set your device to record at the highest possible resolution (usually 1080p or 4K) for clear and sharp video quality.

- Frame Rate:
  - A standard frame rate is 30 frames per second (fps), which is good for most purposes. If you need smoother motion, opt for 60 fps.

- Audio:
  - Ensure the device's microphone is not obstructed.
  - If possible, use an external microphone for better audio quality, especially in noisy environments.

4. Recording

- Test Shot:
  - Do a quick test recording to check your lighting, sound, and framing. Adjust as necessary before recording the full video.

- Start Recording:
  - Press the record button and take a moment to compose yourself before speaking. Start with a smile and a pause, as it gives a more natural and confident impression.
  - Speak clearly and at a steady pace. If you make a mistake, pause, and then continue, as you can edit out errors later.

- Maintain Eye Contact:
  - Look directly at the camera lens to create a connection with your audience, rather than looking at the screen.

- Stay Still:
  - Minimise unnecessary movements to avoid distractions. Use gestures naturally but don't move too much.

5. Post-Recording

- Review:
  - Watch your recording to check for any issues with audio, video quality, or content delivery.

- Edit (if needed):
  - Use a mobile video editing app to trim the start and end, cut out mistakes, or add enhancements like text or transitions.

- Save and Backup:
  - Save the video in a format suitable for your intended use. It's a good idea to back up the original file in case you need it later.

6. Sharing Your Video

- Choose Your Platform:
  - Decide where you'll be sharing the video (e.g., social media, email, cloud storage) and ensure it's in the right format for that platform.

- Upload:
  - Follow the platform's guidelines for uploading. If necessary, compress the video to reduce file size without compromising too much on quality.

By following these steps, you'll be able to record a high-quality video using your mobile device or tablet that looks and sounds professional.