

DIGITAL FILMING INSTRUCTIONS

Shoot vertically

- Shoot vertically, with the phone upright (NOT horizontal).

Framing

- Choose a location with a nice background.
- It's better if you are sitting.
- Have someone film you. Otherwise, adjust the camera so it's at eye-level.

Lighting

- Face a window for direct light. Never put a window behind you.
- No window? Move a table or standing lamp next to your phone, and as close to your face as possible.
- View this fun [2-min tutorial](#) for more details on lighting yourself at home for video.

Sound

- It's important we hear you.
- Pay attention to background noise that may interfere with your recording.

Capture highest quality (recommended but not required)

- Go to the camera setting section of the phone you are using.
- Choose 1080p or higher, such as 4K, as your record format.
- Select 24fps as your frame rate, or 30fps if that is not an option.

Hold the shot

- Hit record and wait 5 seconds before you start.
- Wait 5 seconds after you are done before you stop recording.
- Smile at the beginning and the end of your recording.

Submit

- Upload video files here: <https://www.dropbox.com/request/wWIBafeQvDo0M2njdwam>
- Consent and Release: <https://reverserett.org/consent-release-form/>