

Tips for Zoom, other web conferences or media interviews at home

- 1. Light the front of face**
Use much less light on the background
Keep windows out of the background (daylight oversaturates the background and shadows the face)
- 2. The camera devices generally should be elevated higher than you think.**
Raise camera so that you cannot see the underside of your nostrils.
- 3. Clean oil from face with tissue.**
Look for shiny hot-spots on raised surfaces of face (nose, mid-forehead, cheeks) and wipe down. Use powder if desired/needed.
- 4. Rooms with more soft surfaces are better for sound.**
Place sound-absorption materials in the room but not seen by the camera (rugs, pillows, and clothing).
Pin cloth sheets to walls which cuts down unwanted reflections.
- 5. Tilt/frame the camera leaving a little head-room and a little wider-framing (zoomed-out). A wider shot is better than too tight-framed shot (zoomed-in).**
Leave just a little space between top of your head and the top edge of the screen.
- 6. Use a hard-backed and hard-bottomed chair.**
This helps with good upright posture.
- 7. Avoid wearing all-white tops.**
All white can over-saturate the foreground
- 8. Avoid jangly bracelets/necklaces that will make noise when you move.**
- 9. Close the door of the room you are using.**
Helps keeps out those who are unaware of your interview, minimize sounds from outside your room.
- 10. Silence/minimize background noise**
Silence cell phones and alerts on your computer. Don't acknowledge background noise that viewers likely can't hear (construction or sanitation workers outside your window).
- 11. Have camera, notes, screen with view of other panelists in same line-of-sight.**
Always want to be looking toward the camera when talking.
- 12. Have headphones/earbuds standing by in case of audio issues.**