



PRESENTER RECORDING TIPS

INTERNET SPEED

The strength of your Internet connection is the most important factor for determining the quality of your session recording. Prior to recording your session, we recommend running a speed test on your connection. To do this, simply search “Internet speed test” in your browser and you’ll likely find several options for your area.

What’s our minimum recommendation of mbps (Megabits per second) upload speed?

The upload speed is the most important factor for ensuring a high-quality recording of your session. If your test results indicate speeds lower than 6mbps, you may want to consider trying another location with faster Internet if that is an option for you. If you are able to limit the number of other devices (smartphones, tablets, and/or computers) using the Internet within your home or office during your session recording, that can also help maintain a better connection.

SETTING UP YOUR ENVIRONMENT

1. **Consider your background:** Make sure your background is clean and free from things that might distract from your presentation.
2. **Avoid moving objects:** Chose a location where there are not moving objects such as cars passing by or a spinning ceiling fan.
3. **Webcam Position:** As a rule, placing your camera at eye level will look better than below eye level. If you are using a laptop, this can be done by stacking books, a shoebox, or whatever is handy to provide a stable eye-level surface.

Remember! When presenting, the webcam is your audience! If the flow of your session allows you to look at the camera whenever possible, your presentation will be even more engaging.

LIGHTING

1. **Backlit versus front lit shots:** Webcams automatically record and adjust to the brightest source of light. And if that light is behind you, you’re no longer the focus! If there’s a window in the room, avoid being backlit by making sure you’re facing toward, not away from, the window. This tip also applies to other bright sources of light.
2. **Overhead lighting and window lighting:** If possible, avoid relying solely on overhead lighting, as this may cause shadows. Lower lighting sources will often help fill in those shadows. This includes windows. If there’s a shade or sheer on the window, that will help prevent direct sunlight from overexposing the shot.
3. **Use lamps:** Placing lamps with shades near you can also provide good soft sources of light. Lamps without shades – such as desk lamps or floor lamps – can be pointed towards a nearby white (or light-colored) wall to make a good soft light source. These types of open-bulb lights usually look less flattering when pointed directly at you.
4. **Reduce glare on glasses:** If you wear glasses, and are using lamps for lighting, you may want to position the lamps slightly above you to minimize any reflections in your glasses.