



## Share a selfie on how you're adjusting to virtual teaching!

Click on [video submission form](#) for the questions that we would like you to answer. And see tips for doing selfie videos on a smart phone below.

### Getting Started

- Find a quiet, well-lit space with a simple background. Reduce background noises as much as possible. Use overhead and natural light to reduce shadows.
- Prepare your phone to avoid disruptions or needed to re-record”
- Ensure you have enough storage
- Turn on airplane / do not disturb mode
- Clean the camera lens
- Stabilize your phone. Lean the phone on a steady surface, such as your open laptop. Raise the surface to avoid needing to look down at your phone.
- Always shoot in landscape/horizontal mode. Portrait or vertical mode is only preferable for Instagram!

### Filming

- Press record wait a few seconds, and then start speaking. Wait a few more seconds after you're done to stop the recording. This ensures you start and end with a smile!
- Talk to the camera as if you're talking to a person. Look at the camera, gesture as normal, use notes if you need to!