**Video Tips and Tricks:**

**MAKE SURE YOU FILM HORIZONTALLY**

* Subject must be in the middle of the screen
* Frame the subject from the chest up, don’t aim to get the whole subject in the frame.
* Look at the camera lens, not yourself or in another direction.

**FILM IN ONE SPOT WITH NATURAL LIGHT.**

* Also, same with noise - don’t film near an elevator or places with heavy foot traffic.

**FIND A PLACE WITH A SOLID BACKGROUND. NOT IN FRONT OF GLASS, DOORS, OR ANYTHING THAT YOU’LL NOTICE A SHIFT IN THE BACKGROUND.**

* Avoid corners on walls.

**PLEASE SUBMIT VIDEO ESSAY WITHOUT ANY ADDITIONAL EDITING/SOUND EFFECTS/GRAPHICS/ETC.**