




CSU SYSTEM VIDEO TIP SHEET

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TECHNICAL CONSIDERATIONS

1. SHOOT HORIZONTALLY

Turn your phone sideways to shoot in a horizontal format like a television.



2. FRAME YOURSELF

 [Click here](#) for a 1 min video explaining framing.

3. TURN ON AIRPLANE MODE

This is to avoid getting interruptions and sounds from notifications or calls.

4. STABILIZE YOUR PHONE

Set your phone on a hard surface, prop it against books, something stable, etc.

5. AUDIO

Find a quiet place to record your video with minimal background noises.

6. VIDEO QUALITY

Film in 4K if your phone allows. The ideal setting selection is 4K and 30 fps.

 [iPhones click here for instructions.](#)

7. DO NOT ZOOM

Avoid zoom at all costs. It will produce low quality video footage.

AESTHETIC CONSIDERATIONS

1. Sit close to a window with ambient/indirect natural light in front of you, not behind you.
2. Avoid direct sunlight on your face.
3. Wear a solid color. Avoid stripes or tightly patterned clothing because phone cameras sometimes distort the patterns and create strange visual feedback effects.
4. Deep backgrounds are more aesthetically pleasing, rather than sitting against a wall.