

Self-Recording Video Instructions

Below, please find best practices for filming video on a mobile device. By default, most smart phones record video at the requested minimum requirements.

Minimum Requirements:

1280 x 720p (HD Resolution)

16:9 Aspect Ratio (Horizontal, not vertical)

Clear Audio (Phone in a quiet space or connected to headphones with mic attached)



Standard Horizontal Camera

16x9 aspect ratio!



"Landscape Mode"



Standard Vertical Camera

9x16 aspect ratio



"Portrait Mode"

While video from a camera (DSLR or other) would be preferred, most cell phones have the ability to record high definition footage with clear audio.

Please place your phone or camera on a still surface so that it is not shaking and make sure that the frame is lit well. Please do your best to avoid bright light sources behind you as to not cause a silhouette.

Be sure to look at the camera lens while you are speaking - this is your audience. When you are ready to record, take a deep breath before you begin so that you're not talking too fast.

1. Press record, please wait a beat before you begin speaking.
2. Construct Your Message.
3. Videos should not be longer than 2 minutes. think of this as an elevator pitch for your student organization.

Once you are happy with the video you have recorded, please upload it to Google Drive and share the link with constance.hansen@uni.edu.

Should you not have access to one of these services, please reach out to me and I will provide you with other uploading options.