# Video Recording Checklist for Lecturers:

The answer to all these questions should be "yes" before you record.

* Are you in a quiet room **indoors**?
* Are you in a room with furniture, etc. in it? (This helps with sound quality.)
* If possible, does your filming set-up give you a **plain** background?
* Is your main source of light **indirect daylight**?
* Is your filming set-up in Landscape, **not** Portrait?
* If possible, is your camera raised to eye-height?
* Is your mouth and chin in the centre of the screen, leaving some empty space above your head?

