# Video Recording Tips for Lecturers

* **Leave 10 seconds of silence at the beginning and end of your recording**, to make sure you do not cut off your first or last sentence. These can then be cropped when editing the video, e.g. in Panopto (Panopto editing guidance [here](https://aberystwyth.cloud.panopto.eu/Panopto/Pages/Viewer.aspx?id=76957ade-71f4-4987-a9e0-abe300b55ac3)).
* You can **use Presenter Mode in PowerPoint to see your notes or script.** Panopto will only record the slide, not your notes.
* If you can, and it is comfortable for you to do so, **try recording standing up**. This will enable your breath to flow more easily, supporting your vocal delivery.
* If you **look at the camera every now and then**, rather than your image on screen, it will look more like direct eye contact.
* Be aware of the range of your shot: if you want your gestures to be visible, you may need to set up at a mid-range that shows you down to your waist (see image below).

