

HOW TO LOOK & FEEL BETTER ON INTERNET VIDEO, LIKE YOUR MEETING ON SKYPE

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*“ In a nutshell:
1. Light in front
2. Camera on eye level or
above.
3. Test with Photo Booth”
-Umm*

More and more television interviews, job interviews and business meetings are conducted online through video, and we need to think about how to be more comfortable doing them. Let me help you to set up a 'chat corner'.

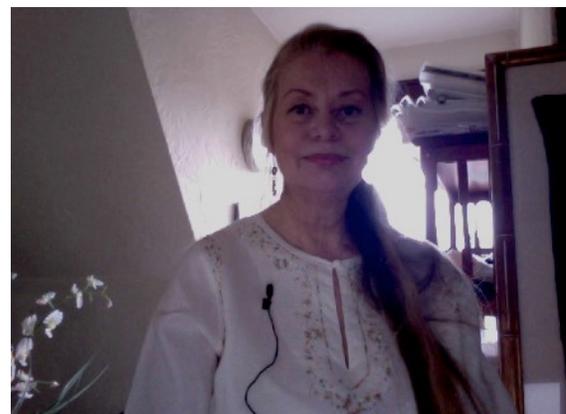
BACKGROUND

An uncluttered background is important. I shot these photos with my computer's webcam in my office in New York. I already happened to have a window in front of me and a mirror behind me that reflects the window light and gives a nice, spacious feeling. I just added the painting to cover an ugly door.

Style your setting, appearance, and lighting by taking test snapshots and test videos with Photo Booth for Mac, or if you have a PC, PhotoBooth for Windows or other webcam photo taking application.

LIGHTING

Light must be in front of you, not behind you, whether it is a window or an artificial light. Back lighting will leave your face in the darkness.



DAYTIME

Natural light falling on your face from a window is the easiest. On a cloudy day, you can add some warm fill light by putting a lamp next to your webcam. Check on PhotoBooth about glare on your eyeglasses.

NIGHTTIME

A table or floor lamp next to your computer would be the main light for your face. It should be in front of you, not behind or side.

In addition, a ceiling light fixture should provide an overall lighting for the room. Alone it would give a dull light and put ugly shadows on your face.

CAMERA

Look into the camera, not the screen! The camera should be at the eye level or above. Too often we see people from an odd angle with the laptop webcam on the table looking up their nostrils. I put my laptop on a box on the table. My laptop's built-in iSight camera is good, but if you are interviewed for TV or other professional purpose, an external high definition camera is worthwhile. Logitech HD Webcam costs \$25. It's better to use Ethernet, not Wi-Fi, in such situation for faster, uninterrupted connection.

AUDIO

Remember to check the microphone before a meeting. Skype audio check call is easy to do. I check my microphones by recording a small clip on Quicktime audio recording.

ABOUT MICROPHONES

Some computers, like my MacBook Pro, have a good built in mic. My headset mic sounds a bit better, but looks goofy, so it's out.

The best professional option is a lavalier mic attached to the lapel. You can buy a good lavalier microphone with a USB or 1/8" mini connection starting at \$30. I connect my pro XLR lavalier to my laptop through a mini USB adapter, which I bought at Radio Shack for a mere \$20. It can adapt your standard XLR mics to USB as long as they are battery powered and do not need phantom power.

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Day lighting



Night lighting



Camera up at the eye level or above is best.



The most common problem I see all the time on TV and Facebook including by professionals: The laptop is on the table, the camera looks up the nostrils in a strange angle, eyes look down nearly closed and it accentuates the double chin. Yikes!