

RECORDING A RESEARCH VIDEO STATEMENT



RECORDING METHODS

Most cellphones are able to capture videos that meet the technical requirements found below. If you are unable to use your cellphone, video camera and tablet recordings are also acceptable. Though not preferable, web camera video will also be accepted.



TECHNICAL REQUIREMENTS

The ideal video dimensions for a standard video are 1080p or 1280 x 720. Additionally, the ideal video will be 5-7 minutes in length.

**SO, YOU JUST FINISHED RECORDING YOUR VIDEO.
WHAT'S THE NEXT STEP?**



REVIEW

Review your video to make sure it addresses all the points you expected to cover!



UPLOAD

Upload your video to Youtube using instructions found at: tinyurl.com/OURUploadVideo.



SEND US A LINK

Once you have uploaded your video, please email our@unlv.edu your video link.



STUDENT CONTACT INFORMATION

Students have the option of including their LinkedIn information, professional website, or portfolio on the site along with their presentation. If you would like to utilize this resource, please include links to these in your email.

**HAVE SPECIFIC QUESTIONS?
EMAIL US AT OUR@UNLV.EDU**

RECORDING TIPS & BEST PRACTICES



LIGHT

- Use a clean camera. Clean your lens with a soft cloth or microfiber cloth.
- Place the brightest light source in front of your face, behind the camera.
- Avoid bright lights behind you such as an open window or light.
- Place your camera at eye level and use a tripod, books, or boxes to prop up the recording device.



SOUND

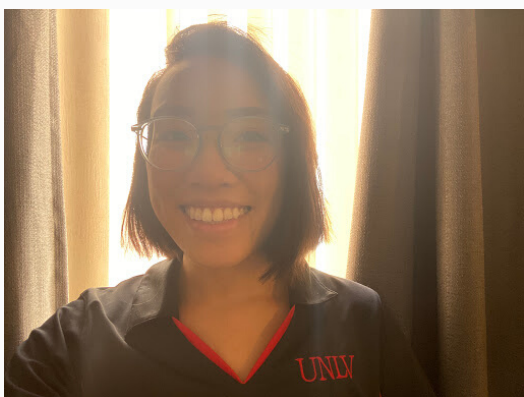
- Find a place with limited background sounds such as air conditioner, fish tank, or wind.
- If you are able to use a mic, plug the external mic directly in front of and below your mouth.
- If you are not able to use an external mic, use headphones with a built in mic.
- If neither of these are options, place yourself as close as you can to the recording device.



PLACEMENT

- Sit forward to avoid slouching.
- Always opt to shoot your video in landscape orientation.
- Place yourself in the middle of the frame with your eyes in the upper 3rd of the frame.
- Look at the scene behind you to remove clutter or anything distracting.
 - It's a great touch to add something UNLV-branded.

WHAT TO AVOID



- Haze and flare from dirty lens
- Strong background light darkens the subject
- Uncentered subject

BEST PRACTICES



- Clear, bright lighting with a centered subject

For another best practice example, visit: tinyurl.com/OURVideoExample