

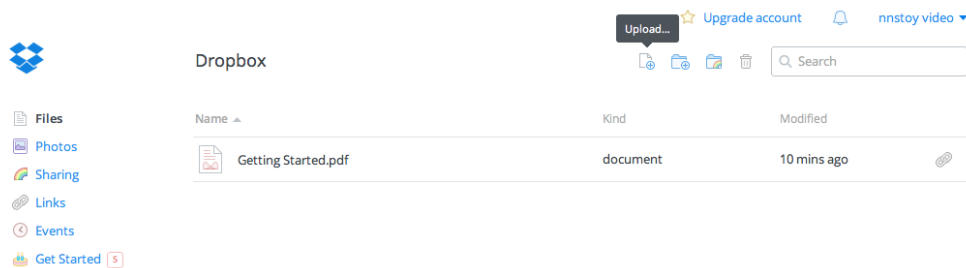
Best Practice for Recording Video with a Cell Phone

Recording Techniques

1. In order to record a clear crisp image you will need to check the settings on your camera to make sure you are shooting on the highest resolution possible.
2. Capturing good clear audio is also an important part of the process. Do your best to eliminate unwanted noise by recording in a quiet room. Situate the camera as close to you as possible.
3. It's ok if you mess up. Digital recordings are easily deleted.
4. Record in landscape by setting the phone in a horizontal position.
5. Try to make sure there is plenty of light in the room. However, don't shoot directly in front of a window or other light source.
6. Use a tripod or set your phone on a level flat surface to eliminate unwanted movement.

Transferring Videos to Your Computer

1. Please upload your video to www.dropbox.com.
2. Login: joe@nnstoy.org Password: teacherleaders
3. Click the upload icon to upload your video.



4. Click choose file and pick the appropriate file.
5. Click done when finished.

Please send an email to Joe when you are finished or if you have any issues:
joe@nnstoy.org.