

Best Practices - How to Take Pictures at Home

- Ensure your area is well lit, but avoid harsh light shining directly on your face.
- If you need to add extra light, place lamps behind where you're sitting, off-camera.
- Do not have a window behind you; bright natural light can cause a you to become a silhouette.
- Stand or sit up straight—poor posture is immediately obvious on camera.
- Keep your shoulders back, and relax your muscles.
- Use a tripod if there's one available.
- Smile!



Taking Pictures on a Phone

- Use the camera on the back of your phone. The front camera's quality is not as good on most phones.
- Shoot in landscape mode (horizontally). This technique will give you photos that look good on larger devices, not just phone screens.
- If your phone has a feature that allows you to overlay a grid on your screen, use it. This feature helps you to keep your phone level to avoid tilted pictures. For iPhones, you can turn on the grid by navigating to **Settings > Photos & Camera > Grid**.
- Set a timer to give yourself time to get ready for the picture.

Taking Pictures Using a Web Cam

- Switch from video to camera mode.
- Overlay a grid option from your settings to ensure you have the best layout.
- Check to make sure your photo quality is the best it can be (1920x1080), if you have an HDR option, turn it on.
- Set a timer to allow yourself to get ready for the picture.

