

## TIPS on "How to Video Yourself"

We know that you are all not pros, but below are some tips to help our panelist.

- Make sure that there is plenty of light.
- The panel is viewing you as a professional, so dress professionally.
- Make sure when you are voicing you can be heard.
- Make sure you are in the video for both voice to sign and sign to voice. If you can, video yourself and the sign to voice video in the same screen.
- Pay attention to the backdrop. Make sure your backdrop is appropriate for contrast depending on your skin tone. Also, you don't want to be sitting in front of a window.
- You can practice as many times as you like, but remember the panel can tell if you are reading from a script.
- If you do not have access to a video camera, please contact KCDHH for assistance in locating that equipment.