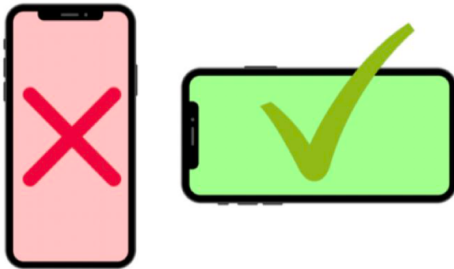


Self-tape Tips

- Be sure you are well lit (film in front of a window for natural lighting or use a ring light/softbox)
- Keep the background simple (nothing distracting, a plain wall is OK)
- Clear audio (film in a quiet area with no excessive noise, avoid rooms with echo)
- Please be sure to position phone Horizontally (you're filming a self-tape not a TikTok) ☺
- Frame a Medium shot (waist to top of head)
- Deliver copy direct to camera
- Slate: Name and height, then deliver the sides provided in the "Select one of these script options" link
- E-mail submissions@shamonfreitas.com including the video link from one of these video hosting sites:
 - Dropbox (is preferred!)
 - Youtube (unlisted link)
 - Vimeo

HOW TO SELF-TAPE:

***Position your phone or camera HORIZONTALLY:**



*****MEDIUM SHOT waist to top of head**



Happy self-taping!