



SCIENTIST SELFIE VIDEO SERIES

Introduction

The National Science Foundation's (NSF) scientist selfie video series is designed to break down the mysteries and myths behind who a scientist is and what it is like to be a scientist. The goal is to inspire students to think about pursuing a career in STEM.

The series will provide an intimate look into a day in the life of a researcher/scientist, as they conduct their work, whether in the field, the lab, or at one of NSF's funded observatories or stations.

The series will appear on the agency's social platforms, where NSF's online community will be able to share the series in a more immediate, exciting, and personal way.

FILMING INSTRUCTIONS

If your new to the video selfie world, this oldie, but goodie tutorial on [taking a good selfie video](#) has great tips on how to set up your camera, identify natural lighting, and more.

For supplementary guidance on filming and submitting your videos see below.

All videos should be shot in the mov. or mp4 format.

Equipment

Before filming figure out which camera you are going to use. You probably have a few options: *your smartphone, laptop, or tablet*. Whichever you chose, keep in mind the following:

When using a smartphone or tablet, film with your camera horizontal (wide screen mode). Be sure to check your setting on your phone and tablet to ensure you are recording in **1080p**, the highest quality resolution.

While filming, it is important to keep your phone or smartphone as stable as possible. You can achieve this by resting your phone or tablet on something.

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Filming with your laptop can be a great alternative to handheld devices since they provide a stable recording platform. However, one downside of filming with a laptop is that it is difficult to move your camera in a smooth motion. If you plan to film in one stationary location like a lab or in the field and do not need to constantly move the camera, then a laptop can work great.

Length

Keep your videos short and sweet. Your direct to camera narrative should be two minutes or less and highlight:

- who you are (introduce yourself, briefly discuss your background)?
- what inspired you to pursue a career in STEM?
- what research are you currently working on?
 - why is it important?
 - how do you hope your research will help the world?

Practice, Practice, Practice!

Be sure to practice a few times before recording, but do not feel pressured to memorize your script. Instead use the practice time to perfect your audio, lighting, and speaking pace. The goal is to get comfortable on camera, so it comes across as if you are having a genuine conversation with a single individual.

Position the Camera

Before filming, decide how to position your camera so its level with your face to avoid looking too far up or down. Make sure you also position the camera to capture a bit of your background. Keep in mind, your background should be interesting, but not the main focal point. If you are in a lab or station be sure the space is not cluttered. If you are in the field, nature/horizon backgrounds or breathtaking vistas or recognizable landmarks are all good options to feature. Don't forget to clean the camera lens before filming.

It is Ok to Stop (But Keep Recording)

When filming, be sure to speak directly into the camera. If you need to check your notes at any point during filming, please do so. Simply stop speaking (but keep recording) and check your notes. Once you are comfortable, look back at the camera, and, when ready, start speaking again.

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Look Here!

When filming, look at the lens hole and not the screen. This will ensure you maintain the appropriate amount of eye contact with your audience the same way you would in a normal face-to-face conversation.

Showcase Your Research

Give viewers a peek at what you are working on and where. Provide 5-10 additional shots (b-roll) of what you were discussing on camera. This should include shots of your research (if possible), and your working environment (this maybe a lab, field site, or NSF Funded station).

Lighting

Natural, diffused sunlight is always the best light. Find a spot outside or inside that is **NOT** in direct sunlight. Make sure your positioned in the best possible light.

Audio

Minimize ambient, background noise as much as possible. If you are shooting outside, make sure it is not windy. Speak clearly and with good energy.

Do Not Forget to Smile!

Smile! Make sure you smile during your introduction, at the conclusion of your video and periodically during your talking points. Have fun and show good energy.