

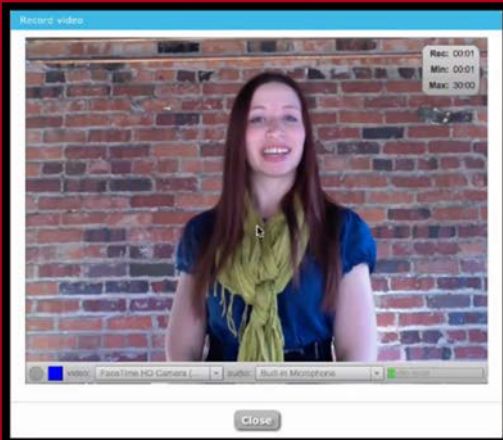
There are certain things you should try to do and other things you should avoid doing when recording with a web cam. Review the suggestions below to leave the best impression on your audience.

Do:

- *Stand up when you are presenting. Your voice works best this way, and having good posture will communicate your interest in the topic to the viewer.*



- *Dress in business casual or business wear.*
- *Make consistent eye contact with the camera.*
- *Speak clearly.*



Don't:

- *Stand in front of a busy or cluttered background. (Plain walls, solid colored curtains and clean office-style settings are the best backgrounds).*
- *Wear clothes that are too casual, have bold or distracting patterns or messages.*
- *Wear hats.*
- *Sit while you present.*



- *Read your notes visibly.*



- *Mumble or slur your speech.*
- *Say "Um," "Like" or other speech interrupts.*

Additional Resources

<http://www.wikihow.com/Record-from-a-Webcam>