



Lighting

We certainly don't expect professional studio lighting, but try to sit facing a window or have a lamp pointed at your face for even, steady lighting -- no sidelight or backlight. Avoid sitting with your back against the window (our host has an irrational fear of faceless silhouettes); instead, flip with your face towards the window for soft, people-pleasing light while you enjoy the outdoors view.



Camera Placement

To avoid looking distorted from the wide-angle lens on smartphone cameras and webcams, take a step back from the camera. Try to place the camera at eye-level, not pointing up at you. This will help people from seeing up your nose into your brain -- guard your secrets.

PRO TIP: Stack a bunch of books under your laptop until you see the webcam eye to eye.



Background

We want to keep the focus on your lovely face, not what's behind it. Do your best to find a blank wall or something with a less distracting background. Many people like to sit in front of a bookshelf, and while it does make you look wayyyy smarter that you read Crime & Punishment, it could distract the audience.



Audio

Now that you're looking great, all that's left is sounding great -- which is what the listeners truly care about. Use headphones when possible, instead of internal speakers and microphone on your laptop or mobile device, which can sometimes drive you batty with an echo.. echo.. echo..

The Goodbye

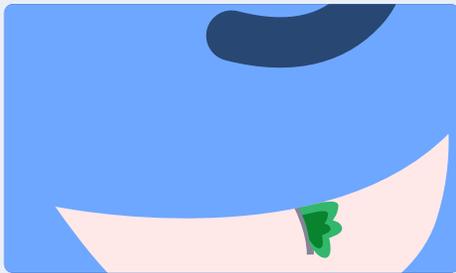
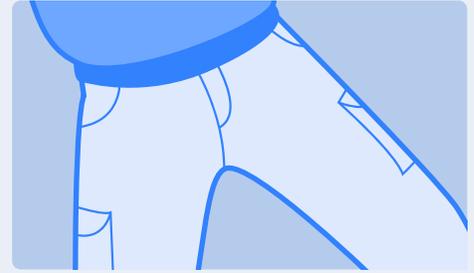
At the end of the recording, we are going to say 'Goodbye!'... this is just for show. You do not have to rush and pull the power cord from your computer. After we end the recording, it would be nice to have a proper, off-record goodbye.





Wear Pants

We want you to be comfortable, of course. But in the off-chance you want to give our host a standing ovation, we'd rather not bear witness to your freshest pair of undergarments. Just think of the children.



Avoid Spinach

As a rule of thumb for anyone who isn't named Popeye, avoid eating spinach up to an hour before showtime. In its love affair with the space between your teeth, spinach has the potential to upstage any performance. Plus, it's gross.

Shave Us the Trouble

Men, women, children... it doesn't matter. Unless you have the proper license to carry, mustaches are a no-go. Slight exposure to their pure, unadulterated handsomeness drives our host into a jealous rage and we may not see him for weeks at a time.



In all seriousness, just make sure your camera, lights, sound and wifi are good to go! And most importantly, have fun! Seriously, have fun. You have to. If you don't, we'll make you. #notathreat

