

# Guidelines for Recording Your Max's AI Chronicles Video

*Tips to help you shine in your 3–5 minute video*

Whether you're recording yourself or joining us for a Zoom interview, here are a few simple tips to help your video look and sound great:

## 1. Keep It Short & Clear

- Aim for **3–5 minutes** total. We're looking for one or two key points, explained clearly.
- Speak naturally—as if you're talking to a curious friend or a student.

## 2. Choose a Quiet, Well-Lit Space

- Record in a **quiet environment** free from background noise or interruptions.
- Make sure your **face is well-lit**—natural light from a window or a lamp works great.
- Avoid sitting in front of windows or bright lights, which can create shadows.

## 3. Position Your Camera

- Use a **laptop webcam, phone, or external camera**.
- Keep your **camera at eye level** and make sure your head and shoulders are in the frame.
- If using a phone, please **record in landscape (horizontal) mode**.

## 4. Sound Quality Matters

- Use headphones or an external microphone if possible.
- Speak clearly and avoid covering your mouth or turning away from the mic.

## 5. Keep Backgrounds Simple

- Choose a **neutral or tidy background** that isn't distracting.
- Avoid virtual backgrounds unless they are professional and not glitchy.

## 6. What to Wear

- Dress casually but professionally—whatever you'd wear to a work video call.
- Avoid clothing with small patterns or busy prints (they can distort on camera).

## 7. Helpful Extras (Optional)

- If you mention your company, product, or project, we're happy to include a **logo** (send us a high-res version).
- If you'd like to show something (e.g., AI-generated art, graphs, screenshots), let us know—we can include visuals in the final edit.

## 8. Review Before Sending

- If you're self-recording, watch your video before submitting. Check for clear audio and no major distractions.

- When you're ready, send us the video using the method we discussed.

Have questions or need a test run? We're happy to help—just reach out to us at [cyio@iastate.edu](mailto:cyio@iastate.edu).