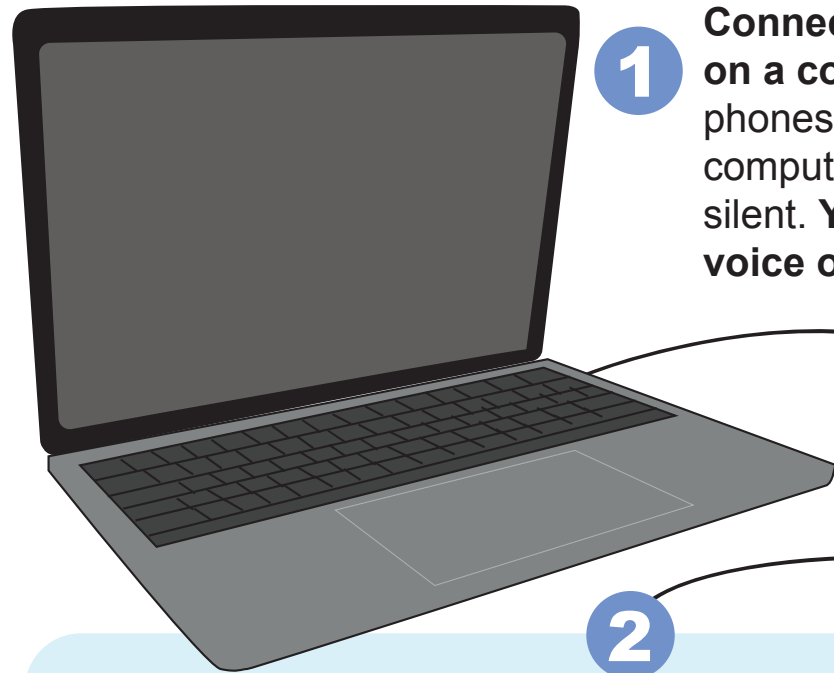


RECORDING YOURSELF AT HOME BEST PRACTICES



1 Connect to the interview on a computer. Get headphones - with a mic - so the computer speakers are silent. You will record your voice on your phone.

2

Find a recording app on your phone.
(Voice Memos, Voice Recorder, etc)



REC ●



3

Put your phone into airplane mode.



Do
Not
Disturb

4

Use a stack of books on a chair or table to get your phone to mouth level.



5

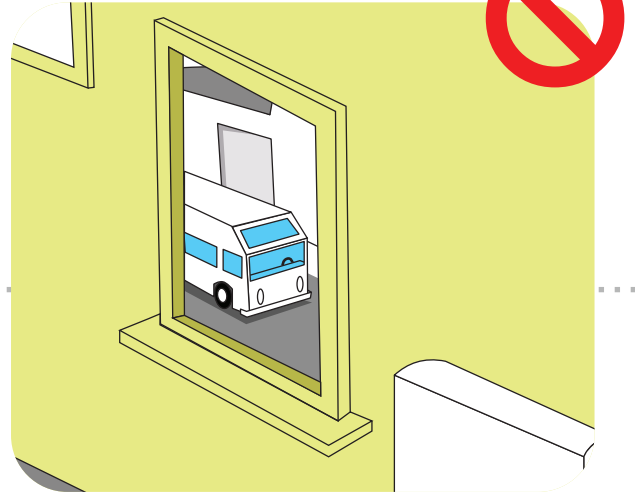
Keep your phone 6-8 inches from your mouth (about the distance of your fist and thumb)

6 inches

STORY
MECHANICS



6 **Avoid Noise!** *You'll need to be in a quiet spot - away from windows. Turn off fans, buzzy lights, noisy motors.*



7 **Soft Absorbant Surfaces!** *Find a small quiet room, bedroom or closet. Sit on bed, surrounded by pillows, if possible.*

8 **As soon as the interview is over send us the recording!** Let us know if you have any trouble getting it off your phone. Sometimes you might need to connect to your computer and send a link if the file is very big.

We're happy to help you troubleshoot



Courtesy of Ira Glass This American Life



Jason Halley Chico State University Photographer



Dr. Charles F. Betters Ask Dr. Betters Podcast

We want YOU to sound great. Radio/podcast reporters and hosts often set up to record in their closets. They sit on the floor or pull a chair over, surrounded by clothes to absorb echoes and make the voice easier to understand for the audience.