

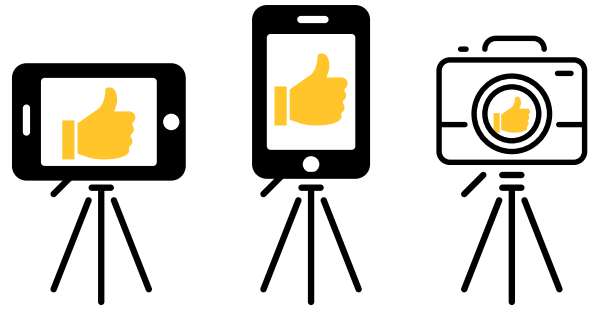
How-to guide for photographing yourself

1. Use plenty of light



Lighting makes a huge difference. Put your light source in front of you. Avoid back-lighting and overhead-lighting — you'll run the risk of casting unflattering shadows.

2. Use your phone, tablet or traditional camera



Shoot horizontally and vertically to give a few options. Use a tripod, or set your camera on a sturdy surface. Use timer. Do not use zoom.

3. Use a clean background



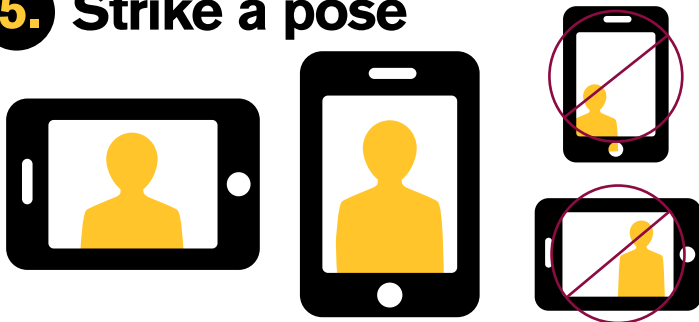
Use a neutral background. Remove distracting elements and stand several feet in front of your backdrop to avoid casting your shadow on the backdrop. And don't stand under items that cast a shadow on your face.

4. Dress for success



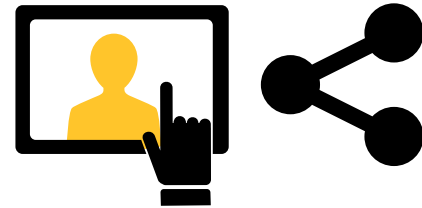
Take extra care with your hair, makeup and appearance for picture day. Jewel tones (bright colors like blue, red, purple, green or ASU Maroon and Gold) or FSE/ASU branded attire look best on camera. Try to avoid white or patterns on clothing. Select attire different from your background color, so you're not a floating head.

5. Strike a pose



Keep some space above your head and shoot from the ribcage up. Face towards the camera. Fold your arms, have your hands on your hips, or put your hands in your pockets — whatever feels most natural. Smile!
Make sure you are in focus and take a lot of options.

6. Review your work and then share



Check your work and have plenty of options. Don't worry about editing, we'll make sure it's great. Choose your best! Upload the largest file size possible, ideally 1MB or larger. Name the file Lastname FirstName.jpg
Share your photo with the world and put "model" on your resume.

How-to guide for photographing yourself

1. Use plenty of light

Make sure a light source is lighting up your face. A window or lamp behind your camera can help. Avoid overhead lighting, you'll run the risk of casting unflattering shadows. Put your light source in front of you to avoid back-lighting. Natural light is one of the best light sources. Don't stand under a tree, and try for all sun or all shade, no halvesies.



2. Use your phone, tablet or traditional camera

Shoot horizontally and vertical. If you're using a phone or tablet, do not use digital zoom. Use a tripod, or set your recording device on a steady surface to avoid shaky footage. Use the camera on the back of your phone. The front camera's quality is not as good on most phones or tablets.



3. Use a clean background

Use a neutral background — wear clothing that contrasts with the background. Remove distracting elements from your background like, laundry baskets, water bottles and household pets. Stand a few feet away from the backdrop to avoid casting shadows on it.



4. Dress for success

- Take extra care with your hair, makeup, and appearance for your big day on camera.
- Jewel tones (bright colors like blue, red, purple, green or ASU Maroon and Gold) or FSE/ASU branded attire look best on camera. Try to avoid white or patterns.
- Attire should be different from your background color, so you're not a floating head.

5. Strike a pose

- Keep some space above your head and shoot from the ribcage up.
- Do a little bit of a pose, nothing crazy. Fold your arms, have your hands on your hips, or put your hands in your pockets — whatever feels most natural. Remember to keep your shoulders back and your chin up.
- Have someone else take the photo (if available) — if not, use a tripod, or set your camera on a steady surface to avoid shaky footage and use a timer. Do not use digital zoom.
- Smile!



6. Review your work and then share

- Take lots of photos! Check your work and have plenty of options. Choose your best!
- Upload the largest file size possible from your phone, ideally 1MB or larger.
- Name the file Lastname FirstName.jpg
- Share your photo with the world and put "model" on your resume!