

A professional studio lighting setup. The ceiling is dark and equipped with a complex rig of lights and equipment, including a large octagonal light fixture in the center. The walls are white, and the floor is light-colored with red and white striped safety lines. In the foreground, there are several large black softboxes on stands, a camera on a tripod, and various cables and equipment scattered on the floor. The overall scene is dimly lit, with the primary light source being the large octagonal light fixture in the center.

ON CAMERA MASTERY

LESSON ONE: VIDEO 101 WORKBOOK

FIRST ASSIGNMENT

RECORD YOURSELF ANSWERING
THE FOLLOWING 5 QUESTIONS:


1. WHAT'S YOUR NAME?
2. WHERE DO YOU LIVE?
3. WHAT DO YOU DO FOR A LIVING?
4. WHAT'S YOUR FAVORITE HOBBY?
5. WHY DO YOU LOVE THIS HOBBY?





01

VIDEO CONSISTS OF
WHAT YOU SEE
AND WHAT YOU HEAR.



THIS INCLUDES NON-VERBAL
COMMUNICATION LIKE YOUR
POSTURE, YOUR CLOTHING, YOUR
FACIAL EXPRESSIONS AND
GESTURES...AS WELL AS THE
TONE OF YOUR VOICE, THE SPEED OF
YOUR WORDS AND INTONATION.





02

VIDEO PRODUCTION
CONSISTS OF THREE STAGES:


1. PRE-PRODUCTION
 2. PRODUCTION
 3. POST-PRODUCTION
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PRE-PRODUCTION IS THE PLANNING
AND COORDINATION THAT TAKES
PLACE BEFORE THE SHOOT.




PRODUCTION IS THE
ACTUAL FILMING OF
THE VIDEO.



IN A TYPICAL PROFESSIONAL FILM
SHOOT, YOU WILL
HAVE TWO TO THREE CAMERA
OPERATORS, AN INTERVIEWER, A
PRODUCER AND DIRECTOR.



THE KEY TAKEAWAY IS THAT YOU
ONLY NEED TO FOCUS
ON ONE PERSON: THE INTERVIEWER.
IGNORE THE REST.



THE THIRD AND FINAL STAGE IS POST-
PRODUCTION. THIS IS WHEN THE
VIDEO PRODUCTION COMPANY TAKES
ALL THE FOOTAGE AND EDITS IT INTO
A MASTERPIECE.



03

TWO TYPES OF INTERVIEWS:

- 1.LIVE INTERVIEW
 - 2.TAPED INTERVIEW
- 

The background is a solid teal color. A diagonal line from the top-left corner to the bottom-right corner splits the background into two triangles. The top-left triangle is a darker shade of teal, while the rest is a lighter shade. In the top-right corner, there is a white L-shaped bracket consisting of a horizontal line and a vertical line meeting at a right angle. In the bottom-right corner, there is another white L-shaped bracket, also consisting of a horizontal line and a vertical line meeting at a right angle.

IN LIVE INTERVIEWS, WHAT YOU SEE IS
WHAT IS ACTUALLY HAPPENING.
THERE IS NO POST-PRODUCTION IN
LIVE INTERVIEWS.



MOST VIDEOS YOU'LL DO
WILL BE TAPED.
THAT MEANS YOU CAN MAKE
MISTAKES AND IT WON'T
MATTER BECAUSE THEY'LL
GET FIXED IN POST-
PRODUCTION.

LESSON ONE RECAP

1. GREAT VIDEO CONSISTS OF GREAT VISUALS AND SOUND
2. VIDEO PRODUCTION CONSISTS OF THREE STAGES: PRE-PRODUCTION, PRODUCTION AND POST-PRODUCTION
3. THERE ARE TWO TYPES OF INTERVIEWS: LIVE AND TAPED. MOST INTERVIEWS WILL BE TAPED, WHICH MEANS MISTAKES ARE OK.