



Episode 4.1

Self Tapes 101

The Game Has Changed

Name: _____

Date: _____

*"Self tapes can seem like a daunting task, but they don't have to be."
- Abbie*

NOTES

The popularity of self tapes as a submission tool has grown significantly in the last few years, and is likely to remain a staple of auditioning for the foreseeable future. Because of this, it's important to know the essential elements of a good self tape and to practice them regularly. Let's dive in!



There are four elements to a good self-tape:

1. B_____. We've found that three colors work best: B_____, G_____, or W_____. Make sure you avoid anything in your background that's D_____. Less is more!
2. C_____. You don't need to spend a lot of money, but you'll want to make sure your footage isn't B_____, and that you can shoot L_____ videos.
3. T_____. No shaky footage, no stacking household items!
4. L_____. Your face has to be seen clearly, and your footage shouldn't be shadowy! Use natural light around your house, move lamps to brighten the shot, or invest in a cheap kit online.



WHAT'S YOUR PLAN TO SELF TAPE IF YOU GET AN AUDITION NEXT WEEK? _____

