

Doctoral Hooding

Video Recording Tips

Upload videos via this link only: [Graduate Video Submissions](#)

Please view the tips below prior to recording.

- Record on your phone, not a laptop or desktop. Do not hold your phone vertical.
- Place phone on a sturdy landing or use a tripod. Do not hold your phone. Do not have someone else hold your phone, if possible.
- A view of your full body is preferred. However, ensure the video shows at least chest level to the top of your head.
- Record in a quiet space, preferably indoors and not outside.
- Do not include any audio. Do not speak before, during or after your hood has been placed.
- Record in a space that has a lot of sunlight near a window, or use a ring light if one is available. Do not record in dark rooms or during the evening time.
- Make sure your background is plain and clear of any distracting items (moving objects or people, countertop items, etc.). Great backgrounds are curtains, a solid color wall, or a wall with one or two hanging pictures. Be sure there isn't a glare in the picture frames.
- Be mindful of the glare with eye glasses. If there is a glare, adjust your phone height or recording location.
- Make sure the clothing of the person hooding you doesn't blend, or match the background or your robe. Limit patterns or bright colors.

Please email commencement@cuchicago.edu if you need assistance with uploading or recording your video.