

# Presenting Videos for Online Teaching



**Whether you present on camera, in a lecture venue or to a small group of colleagues, your body language and intonation can dramatically affect both how and whether your message is received as intended. We discuss several presentation tips below that can help you make the *most impact*.**

download factsheet: <https://onlinelearninghub.tudelft.nl>

## 1 Breathing

Most people are a little nervous when recording a video. Breathing is the single most important way to control this - it will calm you and help moderate the pace of your presentation. Breathe deeply from your diaphragm (stomach region) rather than taking shallow breaths from your upper chest only.



## 2 Full body



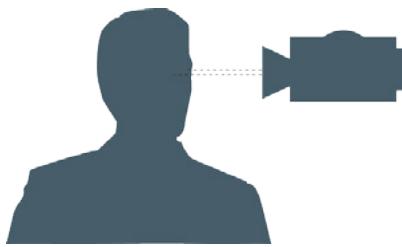
Whether you are standing or sitting down, your posture speaks volumes about you before you open your mouth! Put your feet flat on the floor, roughly hip-width apart and relax your shoulders. Be careful not to rock or sway from side to side. Not only does this make editing difficult, it also makes your audience seasick. Stand your ground and let the rest of your body do the talking.

## 3 Facial expressions

Smile and keep your face relaxed, but don't be afraid of being expressive. Make sure your facial expression conveys the emotion you are trying to convey though! If you say that something is really interesting but your face tells a different story, your audience won't believe your words.



## 4 Eye contact



Even though there is no real eye contact between you and your audience, it is essential that you address the camera as if it were just one of your students and maintain good eye contact with it. This will help your students feel as if you are engaged and addressing them personally. It may help to visualize one specific person whom you plan to have a conversation with.

## 5 Hands

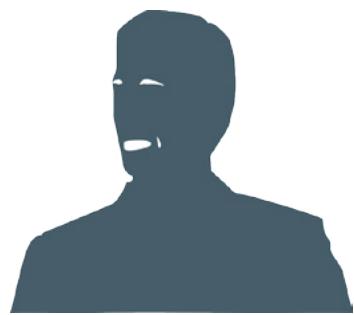


Using your hands is a great way to support your story. You can use them to indicate shape, size or location - or just for emphasis. However, when overused or used in an uncontrolled way, hand gestures can be very distracting. Don't put them in your pockets or fidget too much as this may distract and annoy your audience.

Click the image for a video on  
what to do with your hands  
when you're presenting

**What affects how you sound?****THE 7 P's OF GREAT VOCAL PRESENTATIONS:****1. Posture**

How you sit or stand directly affects how you breath and thus how you speak. When presenting, make sure your feet are flat on the floor, you are loose (not tense) and your vocal chords are free (don't slouch, hunch or bend your neck).

**2. Projection**

Video is an intimate medium, unlike lecturing on stage. On a podium you will often raise your voice and exaggerate your movements. On camera, speak as if you are having a 1-on-1 conversation with your best friend.

**3. Pace**

This is essential. A faster pace can sound more energetic and enthusiastic than a slower one. However, if you speak too fast you might sound like a sports commentator! Pace should vary slightly based on the topic.

**4. Pauses**

Give your audience time to reflect on your key points by pausing. Also, don't forget to breath!

**5. Pitch**

Like pace, variations in pitch can help you convey your ideas. As a rule, lower pitched voices sound more authoritative.

**6. Plonking (stress)**

The words you stress greatly affect your presentation. To make the most of your script, underline key words and phrases that you wish to emphasize. Many new presenters make the mistake of stressing the last word in every sentence, which makes their presentation sound more like a lullaby than an academic talk!

**7. Passion**

A recent study shows that students cared less about high quality videos than about the enthusiasm of the lecturer. If you are passionate about your topic, this will transfer to the rest of the course. And of course, don't forget to smile!