

# SelfiePortrait

The self-portrait has been a popular form of expression ever since man first saw his own reflection. Much like

Narcissus, it's often the case that we need not look beyond the tip of our own nose for a muse worth studying.

Create a self portrait that tells the viewer something about your true personality. This image should evoke emotion in your viewer and lead the viewer into a story about who you are or at least make them wonder about how you are. Pull



them into the image but leave some questions unanswered. Key aspects of this shoot should include interesting lighting, dramatic camera angles, use of props, creative use of depth of field, as well as creative Photoshop techniques.

## Tip #1: Bring Something to Focus On

The problem that you will have when you look through your viewfinder is that you won't have anything to focus on aside from the items in the far distance. This of course will make for a perfectly blurry photo of you, which isn't at all what you want.

One easy solution to this problem is to bring something to stand in your place. Height doesn't matter so much as distance, but try to match it to yourself as best as you can for accuracy. If you have an extra tripod or light stand, these make perfect substitutes that will stand upright exactly where you need them.



## Tip #2: Use Both Auto and Manual Focus

A good practice to get into when you're taking self-portraits is to use a mix of auto and manual focus. First, focus on your stand-in object using auto focus. Then, with the object still in focus, switch your lens to manual focus.

This will give you the freedom to tweak settings, re-meter for changing light and anything else you need to all without screwing up your established point of focus. Just make sure you stand perfectly on your mark each time you take a photo.

## Tip #3: Set the Timer High and Use Burst

Obviously, you don't want to have to haul all out and run into the frame just as your camera takes the image. Give yourself plenty of time to get in position and figure out what you're doing. Most cameras let you vary the length of the timer, check your manual for how to set yours.

In conjunction with the timer, you can usually set your camera to take multiple photos in succession. Even if all you need is one photo, it's not a bad idea to have your camera snap five or ten so you can vary your pose/expression. This will give you much more variety when it comes time to choose the image. Just make sure you have your settings perfect before turning burst on, otherwise you'll have a card full of unusable shots.

