

Delta Gamma Well Aware

Encompasses eight dimensions: Social, Spiritual, Physical, Emotional, Vocational, Intellectual, Financial and Leadership Development



Photography 101



Digital, 9mm, disposable...whatever type of camera you have, there are simple ways to improve the quality of your photos. Follow these tips and become a pro in no time!

Background - *Use a plain background to show off the subject you are photographing.*

- Looking through the viewfinder, study the area surrounding your subject; make sure there are no major distractions that would draw attention away from the subject.
- Ensure that nothing appears to be “growing” or “dangling from” your subject (known as merges), such as poles, plants or other everyday objects.

Placement - *The middle of a picture is not always the best place for your subject.*

- Bring any picture to life by moving the subject away from the middle of a shot.
- Imagine a tick-tack-toe grid in your viewfinder, and place your subject at one of the intersections of lines.
- Don't be afraid to take vertical photos to create a more flattering angle.
- Take control of your picture-taking by instructing your subject(s) and trying different things.

Finding the right distance from your subject is significant to taking a memorable photograph.

- Fill the picture area with the subject you are photographing.
- If your subject matter is smaller than a car, take a few steps closer and zoom in before taking the picture.
- The closest focusing distance for most cameras is three feet, so avoid getting any closer than this if you do not want blurry pictures.
- Try to hold the camera at the subject's eye level to create a personal and inviting feeling in the photograph.

Focus - *Lock the focus to create a sharp picture if your subject is not in the center of the shot.*

- Auto-focus cameras focus on whatever is in the center of the picture, but the subject should not always be in the center if an interesting picture is desired.
- To avoid a blurry picture, lock the focus in three easy steps: 1) center the subject, pressing and holding the shutter button halfway down; 2) reposition your camera (still holding the shutter button) with the subject away from the center; 3) press the shutter button down all the way to take the picture.

Light - *Aside from the subject, light is the most important part of pictures, affecting the appearance of everything you photograph.*

- Bright sunlight can be harsh while soft light on a cloudy day can subdue and soften.
- Take outdoor pictures early or late in the day to avoid unflattering shadows.

Your camera's flash has a range – and you need to know what it is.

- Pictures taken beyond the maximum flash range will be too dark, and most maximum flash ranges are less than fifteen feet – approximately five steps away.
- Look up the maximum flash range in your camera manual to ensure well lit pictures.
- When taking pictures on sunny days, use your flash as the sun can create undesirable deep facial shadows.

If after reading your camera's manual, you are left with questions such as, "What is a megapixel," brush up on some common photographic terms.

Aperture refers to the size of the lens opening, measured in f/stop numbers, which control the amount of light entering the camera. Higher aperture numbers work well for landscapes with a sharp focus and lower apertures are best for shooting portraits.

Contrast is the difference between light and dark areas in a photograph.

Megapixel refers to the measure of a digital camera's ability to record detail. Greater resolution results from higher megapixels. Beginning photographers should look for a camera with at least four megapixels.

Overexposure occurs when a picture turns out too light and **underexposure** occurs when a picture turns out too dark.

Shutter speed is how fast or slow the camera's shutter opens.

Wide-angle is a lens that allows the photographer to include more of a scene for a larger and more expansive view.

Zoom is a lens that allows the photographer to easily change the degree of magnification while composing a picture.

Wellness Resources

Kodak, www.kodak.com

Popular Photography, www.popphoto.com

Better Photo, www.betterphoto.com

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