

## HEADSHOT GUIDELINES

A headshot taken by a professional photographer is recommended, as your photo may be used in various publications, websites, or other media. If you already have such a headshot, verify that the photographer has provided you with a high-resolution digital image. If not, below are tips for taking a headshot yourself:

- Take a high-resolution headshot, saved at a minimum resolution of 300 dots per inch.
- Ensure that the file size of the saved photo is at least 1 MB, as photos with file sizes lower than this (e.g., in KB) will most often be too small.
- Include ample background space around your head and shoulders. Designers will crop unnecessary space as needed.
- DO NOT use a zoom function.
- Take the picture indoors, in front of a neutral background, with even lighting.
- Turn off the flash, if possible.
- Try to avoid distracting patterns and prints in your clothing or background.
- Ask for help or use a camera stand.
- Avoid using a cropped version of a group photo.



## RESOURCES

<https://headshots-inc.com/blog/how-to-take-professional-headshots-at-home/>

<https://blog.hubspot.com/marketing/professional-headshot-tips-for-budget>

<https://snapbar.com/studio/guide-to-professional-headshots>

<https://www.happyhourheadshot.com/before-and-after>