

Studio Lighting:

	ADVANTAGES	DISADVANTAGES
HOT LIGHTS	<ul style="list-style-type: none"> • Inexpensive • Continuous light: <i>What you see is what you get</i> • Use with any camera; still or video 	<ul style="list-style-type: none"> • HOT! • Use a lot of wattage • Not good for freezing action • Not color-balanced for daylight (often yellowish)
CFL LIGHTS	<ul style="list-style-type: none"> • Continuous light • Low power consumption • Use with any camera • Daylight color-balanced 	<ul style="list-style-type: none"> • Cost a bit more than incandescent hot lights • Not good for freezing action
STROBES	<ul style="list-style-type: none"> • Operate COOL • Extremely bright • Excellent for freezing fast action 	<ul style="list-style-type: none"> • Expensive • Usually requires an SLR-style camera with a hot shoe • Can startle sensitive subjects

Demo:

1. Clamp light, 23w bulb, from Left side (White Balance on DAYLIGHT setting)
2. Clamp light, 23w bulb, from Left side: $\frac{3}{4}$ Front
3. Clamp light, 23w bulb, from Left side: $\frac{3}{4}$ Front + reflector (white)
4. Clamp light, 23w bulb, from Left side: $\frac{3}{4}$ Front + reflector (gold)
5. Pop-up flash, on-camera (White Balance on FLASH setting): *DMV-style mug shot*
6. Hot shoe flash, on-camera with diffuser cover, bounce light off ceiling. Softer lighting.
7. Hot shoe flash, off-camera (using radio transmitter/receiver). Strong shadows.
8. Hot shoe flash, with shoot-through umbrella. Soft shadows.
9. Alien Bee, bare bulb (raking shadow), one light. Strong shadow.
10. Alien Bee, one light on Left, using the softbox. Softer shadows.
11. Alien Bee, one light on Left, using the softbox + reflector. Opens up the shadow areas.
12. Alien Bee, one light on Left, using the softbox + reflector + under-chin reflector.
13. Alien Bee + hot shoe flash. Two lights (subject & background)—master & slave: flash (hot shoe flash triggers the other strobe). White background set-up for model.

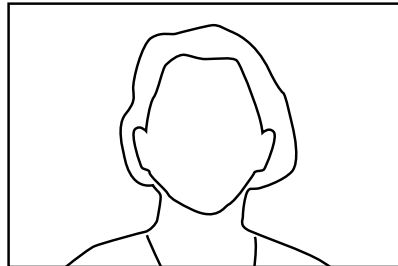
Tips & Ideas:

- Use a tripod and a remote control (or self-timer) to avoid camera shake.
- Use inexpensive CFL bulbs from the hardware store (Ace, OSH, Lowe's, Home Depot, etc.).

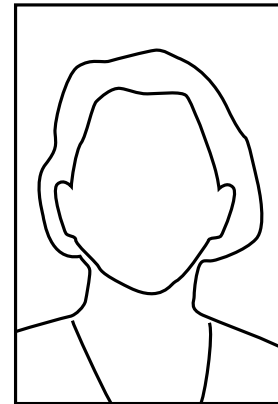
- Frame the face as a close-up; fill the frame —



NO
(too much empty space)



YES
(fill the frame)



YES
(fill the frame)

- Adjust highlight exposure using the +/- setting on your camera, as necessary.
- Expose for the highlights.
- Use **Key light** and **Fill light**, to balance the amount of light on your subject.
- Fill light can be a 2nd light, **-or-** a reflector opposite a single light source.
- Fill light can also come from below and/or above.
- Rim light can be used alone, or as additional highlighting to complement frontal lighting.
- Portraits can be made from a soft single light source—like a window (excellent!)

For SLR cameras —

- Students with an SLR can try the hot shoe adapter + PC cord to fire the strobe light(s).
- Adjust flash and camera Manually—adjusting Aperture and/or flash power setting to get a correct exposure. Expose for the highlights.