



NOTES ON SELF PORTRAITURE by ALMITRA HILL

INTRODUCTION

These notes are taken from a presentation by Almitra Hill at Lane Cove Creative Photography on Thursday 23rd February 2017. Notes prepared by Michael Smyth

These notes are designed to assist with one of the challenges to the members of LCCP for 2017, that is, to make a series of self-portraits that show something about the author.

"Your camera points both ways. Present a series of three self-portraits. In revealing your subject matter, you also reveal yourself."

Creative portraiture is not just a simple "mug shot" type of image, we need to exercise a little imagination and creativity, just as we do with all forms of visual communication.

Some ideas for creative self-portraits are:

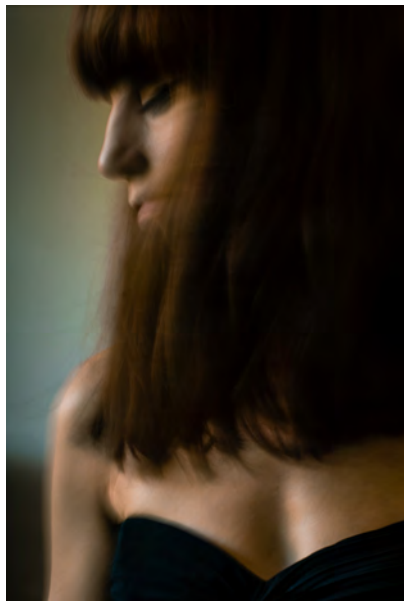
- Reflections
- Shadows
- Silhouettes
- Movement
- Soft focus/out-of-focus
- Creative crops
- Detail close-ups – eyes, hands
- Abstraction/metaphor



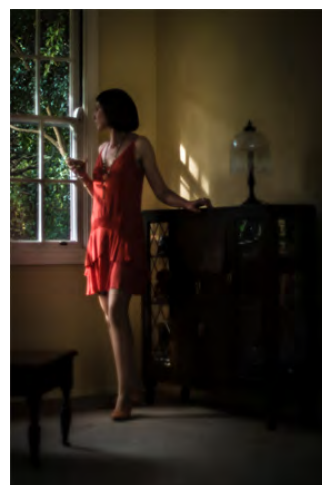
Above: Some examples of reflections.



Above: Some examples of Silhouettes



Above: Some examples of Movement.



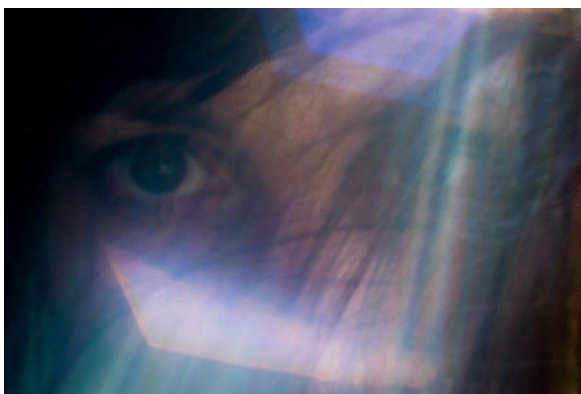
Above: some examples of soft focus or out of focus



Above: Some examples of creative crops.



Above: Some examples of Faceless images



Above: Some examples of detail close-ups



Above: Some examples of abstraction.

Or, as an alternative, just jump into the shot sometimes:



In telling the viewer something about yourself, you might consider some of the following:

- document a hobby, a daily routine or ritual, a colour you love, a favourite spot in your house or garden;
- take some time to notice the light in your immediate surroundings at different times of day and how it makes you feel. Think about how you could capture that feeling;
- choose a few words that describe your personality and think of a metaphor to portray those;
- try out a new lighting scenario or shooting technique.

Making self- portraits entails some technical challenges as we are not looking through the viewfinder to compose the image, rather, you are standing in front of the camera. These tips will help in handling some of these issues.

- Stop down slightly more than usual to give yourself some wriggle room with your depth of field – try f/4.0 or f/5.6;
- Focus on the top of your tripod from where you intend to sit/stand before mounting your camera on it;
- Autofocus then switch to Manual Focus so you don't accidentally refocus;
- Use focus indicator beeps in your sound menu settings if you have that option;
- Use an interval timer setting if you have it (camera or remote).

And finally, remember to have fun and enjoy what you do.

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