

lighting & settings *guide*

for beginners
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camera settings you need to know

There is no one size fits all setting for photography unfortunately. But learning what to base your settings off of to get the desired effects will set you up for success for all your future photoshoots.

My favorite settings are this trifecta

100 ISO

125 SHUTTER SPEED

2.8 FSTOP

In a dream world I would always have this setting because 100 iso ensures little to no grain or “noise” when editing
125 shutter means there will be little to no blur, giving the sharpest possible image
and 2.8 f stop will give the blurred background but not too intense putting the subject as the main focus of the photo.

Adjust these settings as needed to get the desired look in any lighting setting.

Keep in mind if you have to go to high on ISO stay below 1000 if you have to go any higher you need a flash or added light.

if you need to lower your shutter speed for lighting be sure to have a tripod or stabilizer so you don't get blur. these are things that are very hard and next to impossible to fix in post.

Why having the right light and setting matter

Have you ever taken a photo and looked at your camera screen thinking it was amazing, only to upload it and it's

blurry, unfocus, or super grainy and noisy? And no matter how hard you try you couldn't make it better trying to edit it away?

This has happened to me more times than I can count! The reality is when this happened to me it was because I did not have the right tools and knowledge to do any better. But now I know and I am letting you in on the secrets.

The reality is there is an intire industry that makes money off of your lack of knowledge, it is profeessional retouchers and editors and other photographers selling e courses teaching what I am teaching you for \$500-\$1000 and I know you as a beginner dont want to spend all of your hard earned money on those expensive courses because I was there!

Yes to some degree you can edit and make minor corrections in apps like lightroom and photoshop but those apps can only do so much before it starts to look artificial and unnatural. Yes you can pay someone to do it and fix it but the truth is you have way more control over your own work and will have way more consistency if you edit your own work and really learn how to set up a photo properly without having to correct it in post! doesnt that sound great? Let's get started!

best studio light

you are going to want 3 lights for headshots one to back light, and one on either side of the subject. this will create even light on the face.

Use a flash for best results.

you are going to want a low iso below 125

f.stop of 2.8- 2.5

and shutter speed of 125 or higher. adjust as needed



Best Moody studio light

for a Dark and moody effect no extra lights are needed just light from the window, place your subject next to the window and turn off any other overhead lights that might be on. settings again try. to keep Iso as low as possible below 300-500 1.8-2.5 fstop and 125 shutter speed. anything lower and you will need a tripod to reduce blur.



backlighting

to achieve the moody back lit silhouette look
place subject in front of the light source or
window (this can be done outdoors as well.

keep iso below 300

stop at 2.8

and shutter will need to be 125, any lower and
you will need a tripod.



backlighting examples outdoors



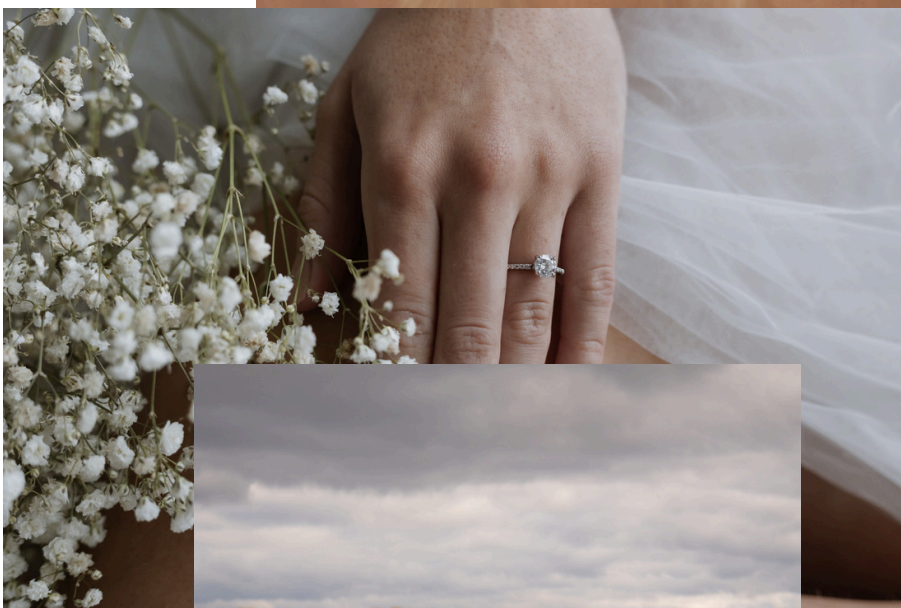
Bright and airy lighting

to achieve the bright and airy visuals here is the set up! You will want bright diffused light! this means an overcast day outdoors or a soft box or bright light indoors with a white sheer curtain, or diffusing light with sheer fabric. your settings will need to be ISO 300-500 no higher if possible
shutter 125 no lower or higher
1.8-2.8 stop



Dreamy Creative light

to get a dreamy look to photos it requires just a bit of haze, soft light and warm shades. you will want to time the light just right if you want pink and dreamy outdoors its during blue hour you can use the unscripted app they have a sun tracker! another tip for dreamy light is



to have things like nude shade panty hose, a plastic bag and just play! plan to get lost for hours practicing! Most fun you will ever have! but be sure to keep your shutter at 100-125 a little blur is okay in this form!
keep your iso between 100-500 to reduce grain if you have to pull out your flash do it!
and your f-stop can be from 1.8-3.5 just play with it but these will give you the sharpest results.

