

# PHOTOGRAPHY

with Pauline Findlay

Create images  
that change the  
world!



## ABOUT Pauline Findlay



Pauline Findlay is a filmmaker, photographer, author and online educator. She has 20 years' experience in theatre, film, television and documentary in Australia and the UK. She is a graduate of the Australia Film Television and Radio School (AFTRS) in Sydney Australia and the Academy Drama School in London.

Pauline's short films have screened at prestigious Academy (Oscar) accredited film festivals around the world. Her short film Blue Mist was chosen out of 6,000 short films to be one of 24 international films to screen at Short Shorts in Tokyo.

Pauline has twice been nominated by the Australian Writers' Guild for the Monte Miller Award. Her script 'Lola' became a Quarterfinalist of the Nicholl Fellowships by The Academy of Motion Picture Arts and Sciences (Oscars).

In 2017, Pauline published her first YA novel 'Can You Feel it?' which is based on 'Lola'. She is currently working on her second novel in the series 'Can You See It?' and is in development on a web-series with a deaf lead character/actor at the centre of the series for 2021.

[paulinefindlay.com](http://paulinefindlay.com)

## STORY ROCK STAR

Pauline is an award winning business woman and the founder of Story Rock Star, a storytelling start-up that helps companies, students and individuals tell their story.

Pauline has won the Gold Stevie Award for 'Solo Entrepreneur of the Year' 2019 in New York City.

In 2020 she won the Silver Stevie Award for International Business in Paris for 'Start-Up of the Year' and Bronze Stevie Award for Women in Business for 'Start-Up of the Year' in Las Vegas.

She was awarded these Stevie's for her work serving the hearing loss and education sector through storytelling and filmmaking.

Pauline teaches filmmaking to deaf and hard of hearing teenagers across Australia for 'Hear for You'.

For more details on Pauline go to her Linked In profile: <https://bit.ly/3puWGOt>



## LESSON CONTENT

### Photography

#### LESSON ONE

#### Snap like a pro

#### LESSON TWO

#### Composition, Framing, Rule of Thirds

#### LESSON THREE

#### Depth of Field, Background Blur

#### LESSON FOUR

#### Shutter Speed - Movement ISO - Light

#### LESSON FIVE

#### Exposure Triangle, Focus

#### LESSON SIX

#### Editing, Sharing your photos, H4U calendar

## GET READY TO SNAP! Message from Pauline

Hello, fellow photographers!

Welcome to the virtual 'Photography' course for 'Hear for You'.

This is a beginners' course to learn the basics of photography. The purpose of this course is to give you a better insight into the power of images.

How can you tell a story with a still image? How can you compose a shot that has real emotional power? What does the light do to an image? How do I get my photo in focus? How can I share my photos?

All these questions and more will be answered in the course.

This course is created to be independent learning in your own time, with the support of Zoom classroom sessions.

During these Zoom sessions, you will share with your classmates your images and talk through how you created them. It's also a great chance to ask more questions and share your ideas and insights with the group.

I've set up a **Padlet** wall for us to share. I'll add additional information to the wall throughout the course. You can ask questions here and I'll get back to you in our next Zoom classroom session.

All you need is a camera and computer. Your camera can be a digital, film, or even a mobile phone camera.

*Pauline*

# THIS FUN PACK

## Lessons and FunWork

I created this **Fun Pack** to consolidate the information from each lesson in one place.

Go back to your video lessons at any stage. I'll be right there to guide you.

The **FunWork** is supposed to be just that... **FUN!** The FunWork is to help you digest the content and start to develop your photography craft.

Our **Zoom** classroom and **Padlet** wall are **safe places** to ask questions.

We aim to create a **positive** and **supportive** learning experience. Online bullying is taken very seriously. We are here to uplift each other and grow together.

If at any time you need access to **mental health support**, please go to the '**Hear for You**' website and lick on the [Community Help and Support Page](https://hearforyou.com.au/what-we-do/community-support/)

**DIRECT LINK:** <https://hearforyou.com.au/what-we-do/community-support/>

Please call out any unacceptable behaviour if you see it... by standing isn't cool. Let's set the example we want to see and have **LOADS OF FUN!**

If you have Instagram don't forget to hashtag your photos. **#h4uSnapLikeAPro21**

*Pauline*

**Your FunWork  
will be in this box!**

### My promise to you...

- I'll keep your homework brief, useful and fun. I've even called it **FunWork!**
- I'll do my very best to answer your questions promptly.
- I will be **present** and **cheerful** for all our lessons. :)
- All **video lessons** in the course will be **captioned!**

### Your commitment to me...

- Please turn up to our **Zoom Classrooms** on time and have your **videos on**. I love to see your shiny smiling faces.
- Please commit to **finishing** each lesson **before** our Zoom session. There really is nothing better than finishing something!
- Come ready to **learn** and have **fun!**



## LESSON ONE

- Snap like a pro!
- Cameras
- Lenses

### Get ready to snap like a pro!

This lesson is all about what you will need for the course.

#### Camera Gear

Digital Camera vs Film Stock Camera vs iPhone /Mobile Device? It's not the device it's the user. Come to the course with whatever camera you have available to you. You will learn the **Basics of Photography** that will help you create awesome shots even with your phone. An image should tell a story.

#### Lenses

Allow us to take different shots. 50mm is like the human eye and best for portraits/ people. Even the **iPhone** now has a **portrait mode** to copy that of a 50mm lens. It even blurs out the background of the shot. I told you cameras are cool now!

#### Prime Lens

Primes are single lenses that comes in lots of different sizes /focal lengths. If you are using a **Micro Four Thirds** camera you will double the focal range. So 25mm is equivalent to 50mm.

More on **Full Frame** vs **Micro Four Thirds** in the **videos**.

#### Wide Angle Lens

Anything less than 25mm is considered a wide-angle lens. They are used for landscapes, tall buildings/architecture, real estate shots and can be used for vlogging. Use a wide angle when you want to get a lot into the shot.

#### Telephoto Lens

These are for when you want to get in close but you are actually far away. Think of a **Lion Safari** - you want the whites of the lion's eyes but you don't want to be eaten. This is when you use the Telephoto Lens. :)

#### Macro Lens

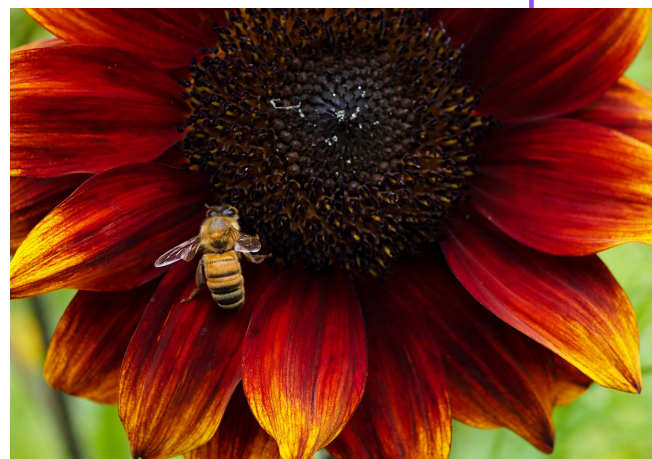
Getting up and close with the bee here is a Macro Lens. I used the equivalent of a 60mm lens to get the bee in focus. A macro lens is my favourite because they are dramatic.

## FunWork...

- Photograph 3 different images over the next week.
- Think about why you are taking that particular shot.
- Share them in the Zoom Classroom with your peers.

Hashtag it... **#h4uSnapLikeAPro21**

**Don't forget to take your photos at different angles. Everything at eye level is very dull.**



### Composition

Always think before you shoot! If you are taking a **landscape** shot make sure it is **lined up horizontally** with the **horizon**. There isn't anything worse than something that looks wonky. Yes, you can fix it in editing but it's always best to learn to take the image well in your camera.

### Background checks

Always check your backgrounds!!! This is something I see in beginner's work all the time. Get rid of the ugly bins or a **tree branch** coming out of **someone's head**. Always survey the area you are about to snap. Ask yourself...will the shot be better if you move slightly left or right? Will it be better if you take it from below or up high? Make your shots interesting. You will become faster at shooting images over time but to start with, take a step back and really **survey the space**. Clean images are always better than cluttered ones.

### Framing

Every picture tells a story, think about this with your framing. You don't have to use up the whole frame, you can use just a small section for a dramatic shot. Or you can fill it with lots of content to tell the story. Think about the **lines in the shot**. Do the lines lead to something interesting that you want in focus? Don't forget to use your camera in **landscape** and **portrait mode**. Take that landscape shot in landscape mode then switch it to portrait to give a different feel. When you are in the edit you want options of the moment.

### Rule of Thirds

Try not to put your subject in the **middle** of the **shot**. It's **dull** and **doesn't** make the viewer **use** their **imagination**. The shot below shows the rule of thirds. The Emu's eye is on the top left third and is looking out. It makes us wonder... what is the Emu looking at in the distance? More on this in the videos.

## LESSON TWO

- Composition
- Framing
- Rule of Thirds

### FunWork...

- Take three photos using the **rule of thirds**. Think about your backgrounds, framing and composition of the shots.
- Come ready to share your images with the group in the Zoom Classroom.
- If you are shooting on a mobile device set your **guides** to help you with the Rule of Thirds.

Hashtag it... [#h4uSnapLikeAPro21](#)



## LESSON THREE

- Depth of field
- Background blur

### Depth of Field (DOF)

**DOF** is the distance between your camera and your subject. Depth of Field allows you to guide the viewer on what's important in the image. Is everything important or just one thing?

**A larger 'Depth of Field' means more is in the field of focus.**

If you want the whole image sharp (in focus) then you will have a **large depth of field**. This is great for group shots so everyone's face is in focus. Or landscape shots.

**A shallow 'Depth of Field' means less is in the field of focus.**

If you want to focus on just one of the geese below then you are creating a **shallow depth of field**. Everything behind 'Toby' the main goose is out of focus. Toby is important. What is he looking at? Is he the leader of the flock?

**Shallow depth of field** is perfect for portrait shots. It creates that lovely **creamy background BLUR**. The blur creates a separation from the person and makes the image look 3D.

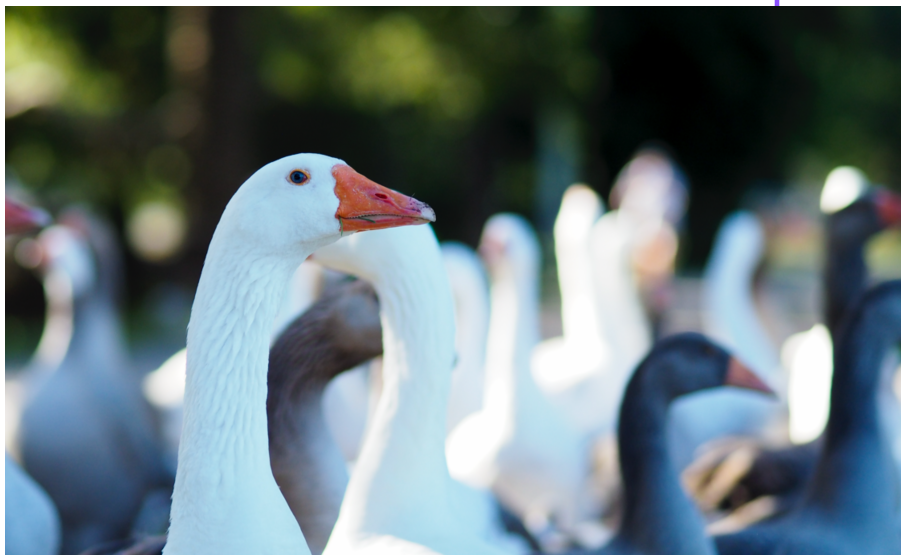
**The higher the F stop the Larger the DOF - e.g. F20**

**The lower the F stop the Smaller the DOF - e.g. F2**

## FunWork...

- Take two shots - one with a Low F Stop and one with a High F Stop.
- They can be the same image twice or two different images.
- Bring them to the Zoom Classroom to talk about what you learnt.

Hashtag it... **#h4uSnapLikeAPro21**



## ISO - International Standards Organization

ISO is the **light** sensitivity rating on your digital camera. When cameras used film, the film was rated from 100 to 400 speed and you bought different brands depending on the look you wanted. Now with digital, we will edit the look we want after taking the photo.

The **higher** you go in **ISO** the more **noise** or **grain** you will add to your image. You want to really keep the ISO as low as possible for a good clean shot.

Digital cameras have become really good at being able to bump up the ISO very high and not showing that much noise or grain. Also, you might like the grainy look for night shots of cool lights in cities.

**Break the rules if you think creativity is more important than perfection!**

## Shutter Speed

Understanding shutter speed might take a little practice but the below diagram should help you make sense of it.

The easy way to remember is... if the subject is **fast-moving** like animals or sporting events you need a **fast shutter speed**. A low shutter speed will make waterfalls more dramatic by blurring the water.

Don't forget to use a **tripod** for **slower shutter speeds**. The click of the camera will take longer and you won't be able to hold it without creating 'user shake'.

## LESSON FOUR

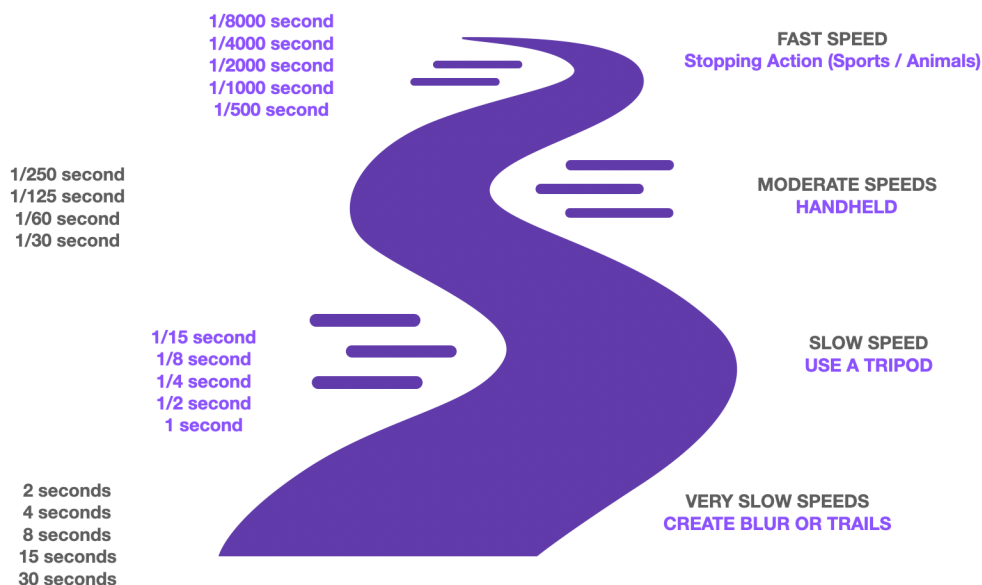
- Shutter Speed - Movement
- ISO - Light

### FunWork...

- Go out and play with different shutter speeds on the same image. You will begin to see what works best for your subject.
- Come to the Zoom Classroom with your experiments.

Hashtag it... **#h4uSnapLikeAPro21**

**Remember it's about learning not perfection!**





## LESSON FIVE

- Exposure Triangle
- Focus

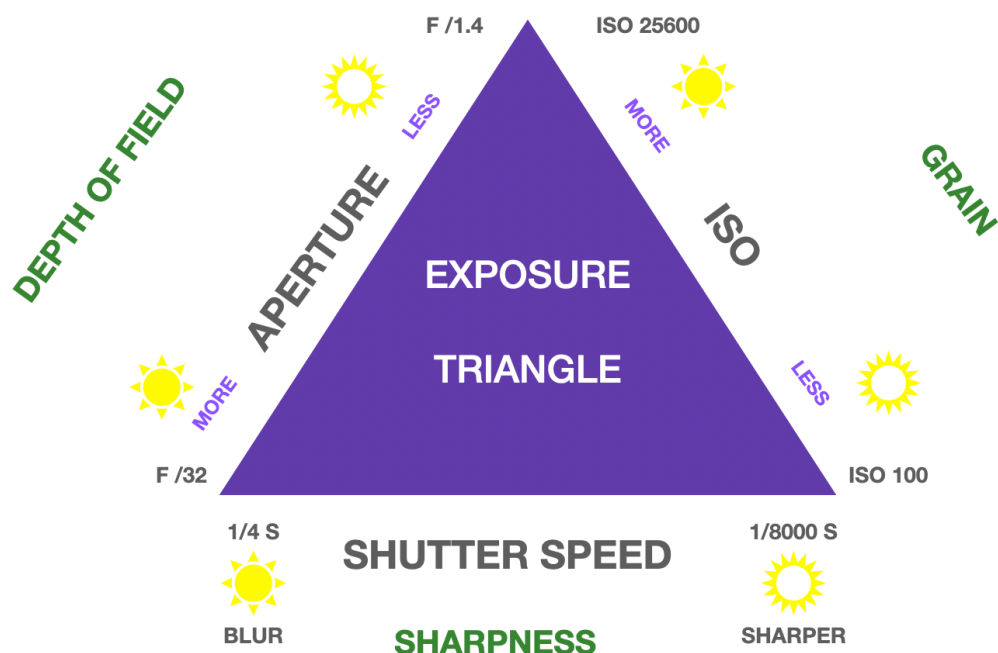
Understanding the **Exposure Triangle** will help you take better shots that are in **focus** and have perfect exposure every time. An under or overexposed image is hard to correct in the edit. Try to get your shots as close to right in camera.

You need to think about the **ISO**, **Aperture** and **Shutter Speed**. If you change one it will affect the other two.

Don't worry, you can set your camera to Aperture (**A**) or Shutter Speed (**S**) as the priority and the camera will work out the other two.

iPhones do this in the camera automatically, so you can just concentrate on taking the shot. Use the chart below to understand how you get more light on the sensor. Aperture is also known as the **F Stop** which is the term used by Cinematographers in Filmmaking. How open or closed is the Iris on the movie camera?

Go back to the videos to recap ISO, Aperture and Shutter Speed.



### FunWork...

- Take 3 shots using a different Aperture and Shutter Speed.
- If you have access to a **waterfall** close by this is a great place to play with **Shutter Speed**. Slow shutter speed will create the drag of the water. Or you can go shoot **cars** at night to create that **drag** of the **headlights**.

Hashtag it... [#h4uSnapLikeAPro21](#)

On every camera is an **Exposure Meter**.

Always have this dial in the middle to have a perfectly exposed shot. Dial-up or down to allow more or less light into the camera.

More on this in the videos.



### Editing

There are lots of different editing programs out there, the one I think is the best for beginners is Adobe **Lightroom**. You can now get a very good basic version of Lightroom for FREE! The editing tool inside **Apple Photos** is very good.

If you are taking photos with your mobile phone there are lots of great apps you can download for free or very cheap. I use **Snapseed** with my iPhone. You can do some groovy editing with this app and it's very easy to use.

For this course, I'll show you how to use **Lightroom** and **Apple Photos**. If you want to use another program please speak to me.

Editing your photos is the last time you can **add** your **personal style** to the **image**. Use this time to enhance your images, NOT as a **band-aid** for **bad exposure** and **framing**.

Always aim to take the best photo you can on the camera. This way you will improve on your craft. Look at your shot after you take it, see if you can improve on it before you move on.

[Check out the video tutorials on Lightroom and Apple.](#)

### Sharing Photos

Instagram or Flickr are great places to share your photos. **Instagram** is **free** and you can hook into other people's hashtags to find a community. **Flickr** is a **subscription-based** photography community. It is a place to store your photos in the cloud and connect with other people's work you enjoy. Remember **Instagram can use your photos**, that's the contract you entered with them when you signed up. They are constantly changing their terms. With Flickr you own your photos.

## LESSON SIX

- Editing
- Sharing Photos
- Hear for You Calendar

### FunWork...

- Edit all your photos you have taken throughout the course.
- Please bring the **original photo** and the **edited photo** to the Zoom Classroom. We all learn from each other, so be ready to discuss your edits.
- **Pick your best shot** for Hear for You. We are going to create a **2022 calendar** with all your photos.
- Send us a photo of you taking photos, so we can share it on our social media.

**BE PROUD OF YOURSELF LIKE THE LION. YOU HAVE FINISHED THE COURSE!**



## DON'T BE SHY

- Stay in touch with your **Class-Mates** via the Hear for You **Facebook** group. You can ask questions there and I will get back to you within 24 hours.
- The **Padlet Wall** is available to you throughout the course. Make sure you sign off with your **name** so I know whom to reply to.
- Start to look at local and international photography competitions to enter your work into. Many have Youth sections.
- Keep snapping after the course and

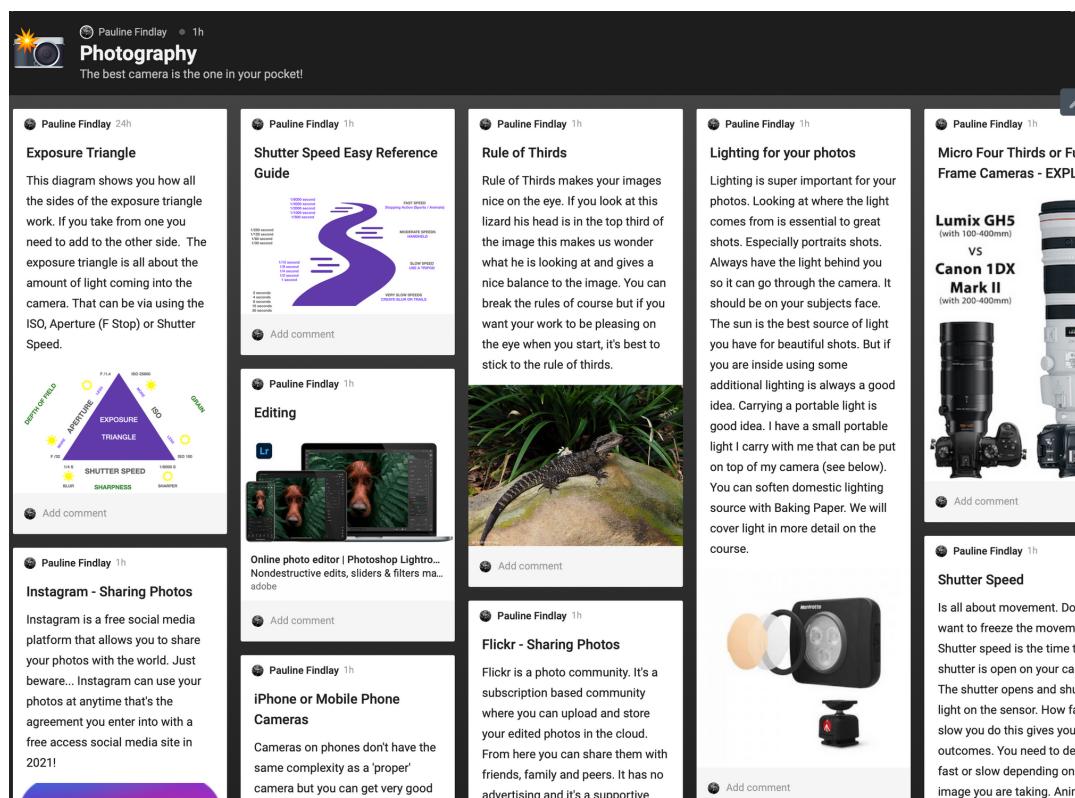
Hashtag it... **#h4uSnapLikeAPro21**

## STAY CONNECTED

Use the Padlet page or the H4U Facebook

Now you have started your journey as a photographer, keep going.

Repetition creates merit!



# SNAP LIKE A PRO

## SHOWCASE

SNAP LIKE A PRO

SHOWCASE YOUR  
BEST WORK!

Your images need an audience to appreciate your creativity.

Also, we learn as artists when we share our creations. The audience's interpretation of your images can be very informative to your growth as a photographer.

It is great to become a **pro snapper**, but you need to share your vision with the world.

'Hear for You' will arrange a **showcase** for your family and friends. This will either be virtually online or in a covid safe environment.

This will be a great opportunity to share with other students your best work and discuss your process.

A date will be determined once the course has been completed.

Start sharing your images with the world NOW. Don't forget to **Hashtag it... #h4uSnapLikeAPro21**

