

Studio Strobe Project

1. Obtain a digital SLR camera
2. Make sure that the white balance is set to flash. Do this by holding down the "WB" button on the back of most cameras while scrolling with the thumb-dial. If you are unsure, select the "Nikon Users Manuals" in Curricular Resources, and select the camera type you are using.
3. Set up the studio flashes, and affix whatever umbrellas or soft boxes you would like.
4. Carefully lower the backdrop you wish to use. Ask me if you have any doubts about how these work.
5. Turn on the power for the strobes and position your model
6. On the strobes, set the smaller toggle switch to "prop" this will allow you to vary the output of the modeling lights
7. Adjust the light output while studying the shadows on your model.
8. Have your model at least 4 feet away from the backdrop to avoid shadows
9. Open the flash on your camera and set it to "manual" mode by pressing the "Menu" button on the back of the camera (you may need to study your users guide)
10. Set the manual flash to its lowest power setting
11. Take a photo, and study your histogram.
12. Adjust your camera settings accordingly. Of importance is changing your ISO, your shutter speed, and your aperture.
 - A good place to start is ISO 200
 - Shutter speed 1/125 second
 - Aperture f16
13. You need to avoid highlights in the white areas of your photos while retaining details in the darker areas. That means no spikes at the extreme ends of the histogram
14. Shoot! Study your shots and do not to forget to upload your photos after shooting
15. Clean-up!