GUIDELINES FOR PHOTO POSES

Please submit photos taken in the following 8 poses (see next page).

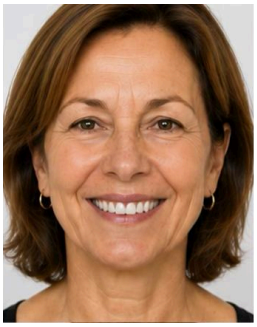
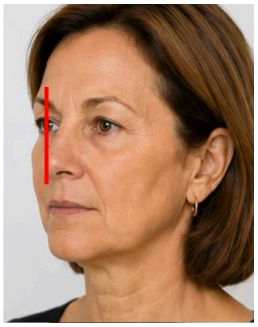
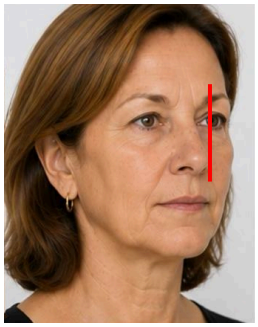
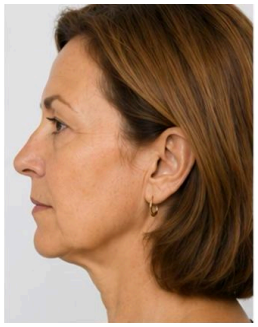
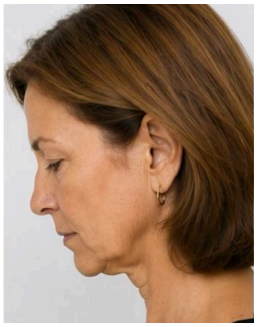
General tips: photos should be taken against a neutral background. Preferably use a cell phone or a professional camera. The face should take up more than 50% of the photo. Avoid zooming out too far. Hair should not cover the forehead or ears. Tuck your hair behind your ears or preferably tie it back in a ponytail.

Photos 1 & 2: front views: look straight into the camera lens with your chin in a neutral position (neither tilted up nor down). Relax your forehead. In the first photo, keep your mouth completely relaxed and your lips lightly pressed together. Smile as widely as possible in the second photo, showing your teeth.

Photos 3 & 4: three-quarter side views: turn your head until the tip of your nose is at approximately the same vertical level as your pupil (red lines). Look straight ahead. Relax your mouth and keep your lips lightly pressed together. Keep your chin in a neutral position (neither up nor down).

Photos 5 & 6: side views: turn your entire body to the side (not just your head) and look straight ahead. Keep your mouth and lips relaxed. Keep your chin in a neutral position.

Photos 7 & 8: side views with your head down: assume the same pose as in photos 5 and 6, but look down (at the floor if you're standing, or at your knees if you're sitting). Lower your chin so that any double chin becomes visible.

1 	2 	3 	4 
5 	6 	7 	8 