

The Online Lecture Self-Check

Seven dimensions of an online lecture students actually watch. Use it before you post, or to review a colleague's work.

0 Missing or not attempted	1 Approaching the standard; specific fixes identified	2 Meets the standard	3 Exceeds it; exemplary
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DIMENSION	MEETS THE STANDARD (2) WHEN...	QUICK CHECK
1 Clear objectives	Objectives are stated at the outset and the content follows a logical sequence.	☐ A student can say what they'll learn, and why it matters, within the first 30 seconds.
2 Audio	Clear and intelligible throughout; consistent levels; background noise isn't distracting; natural pace.	☐ Listen once on headphones and once on laptop speakers. Judged as heard: no equipment is required.
3 Camera and light	Framed on the speaker; no harsh shadows or backlight; stable shot; clean background; 1080p minimum.	☐ Face the window, not away from it. Camera at eye level.
4 Screen visuals	Legible (18-point equivalent or larger); clean design; adequate contrast; visuals support the narration.	☐ Every slide is readable at a glance on a phone.
5 Pacing	Consistent pace; density fits the objectives; smooth transitions. Length itself is not scored.	☐ No rushed stretches, no dead air. One idea per segment.
6 Technical execution	Plays smoothly in a standard format; audio and video in sync; clean compression.	☐ Export MP4 (H.264), 1920×1080, 24–30 fps, 48 kHz audio. Watch it end to end once.
7 Engagement	Regular direct address to the camera; intentional variety in shot type; callouts where they help.	☐ You look at the lens and say “you” at least some of the time.

The floor rule. A lecture meets the standard only when **every** dimension scores 2 or higher. A strong total can hide a failure: great content does not rescue inaudible audio. Below the bar, revise that dimension rather than averaging it away.