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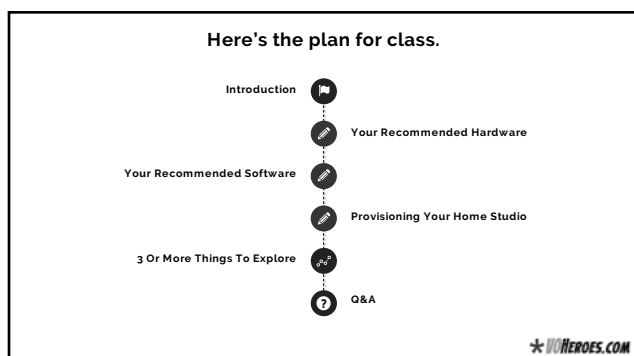
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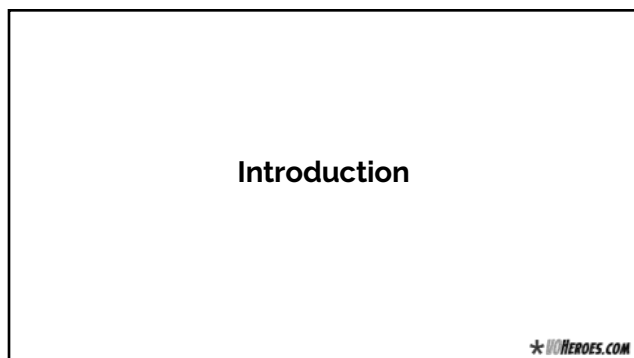
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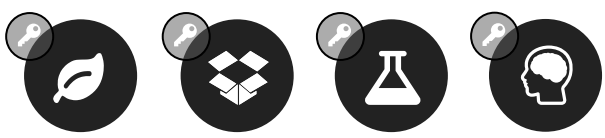
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**Reminder: The four keys to a successful VO practice**



Art Commerce Science Mindset

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**And this is a Science course.**



Art Commerce Science Mindset

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**Be sure to download your clips and slides**



The **Materials** link is on the main page of this course, just under the header, next to the **Course** summary link.

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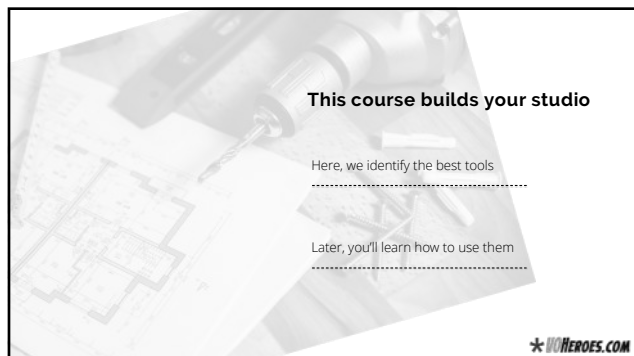
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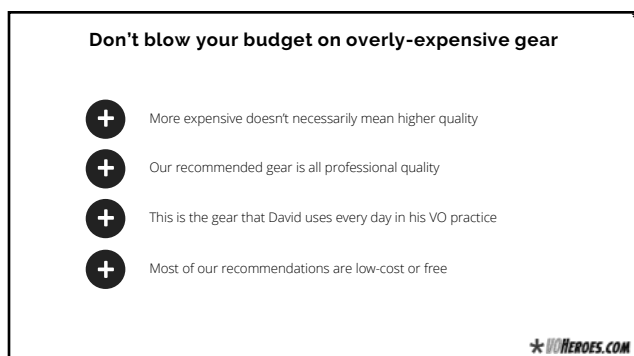
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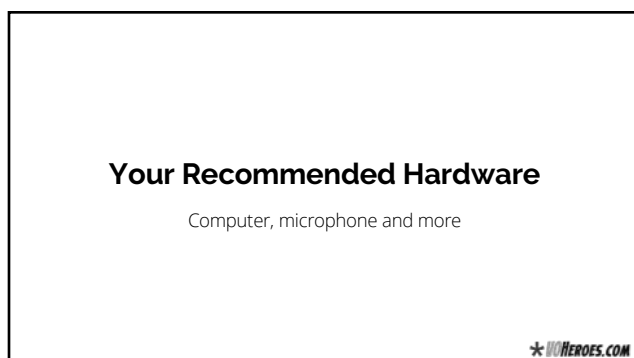
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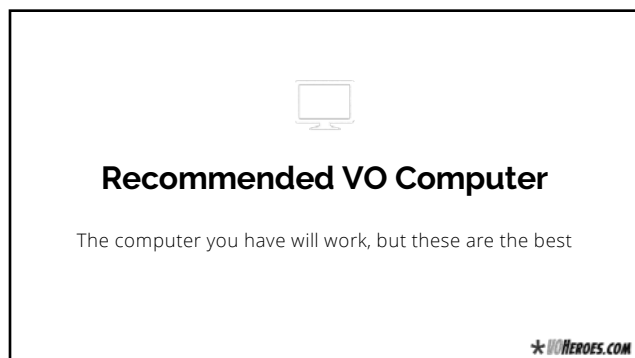
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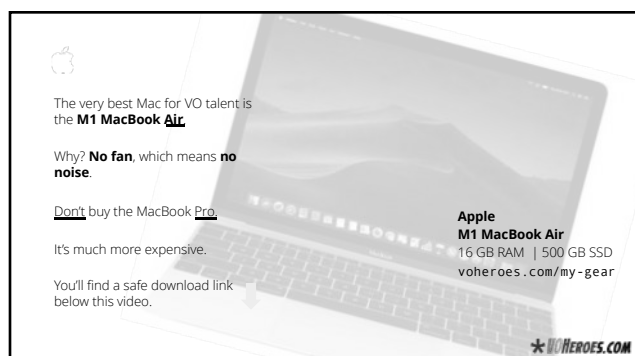
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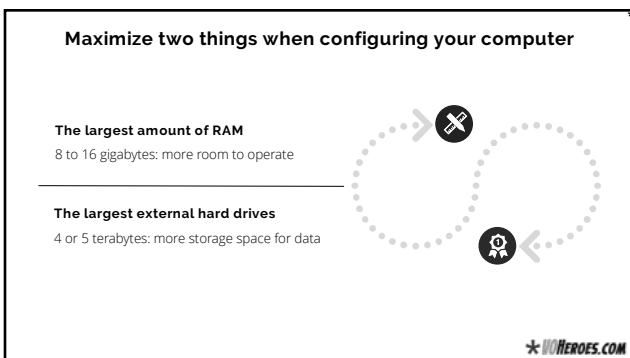
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## Powered USB Hub

So you can connect everything together



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### You'll need a powered hub.

There are usually only one or two USB ports on laptops. You'll have more things to plug in than you have ports:

- ✓ External hard drives
- ✓ Microphone
- ✓ Mouse
- ✓ Webcam
- ✓ Printer/Scanner
- ✓ Etc.

You'll find a safe purchase link below.

Anker  
USB powered hub  
10-port  
[voheroes.com/my-gear](https://voheroes.com/my-gear)



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## The best connection to the Internet

Ethernet, not Wi-Fi



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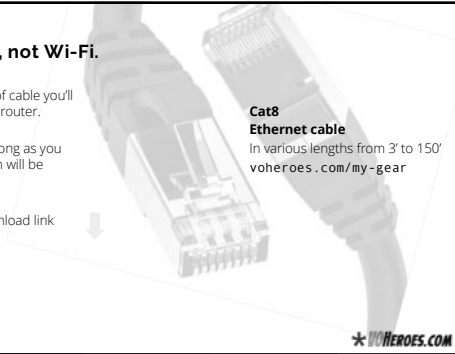
**Use Ethernet, not Wi-Fi.**

Ethernet is the type of cable you'll use to plug into your router.

The cable can be as long as you need. The connection will be rock-solid.

You'll find a safe download link below this video.

**Cat8 Ethernet cable**  
In various lengths from 3' to 150'  
[voheroes.com/my-gear](http://voheroes.com/my-gear)



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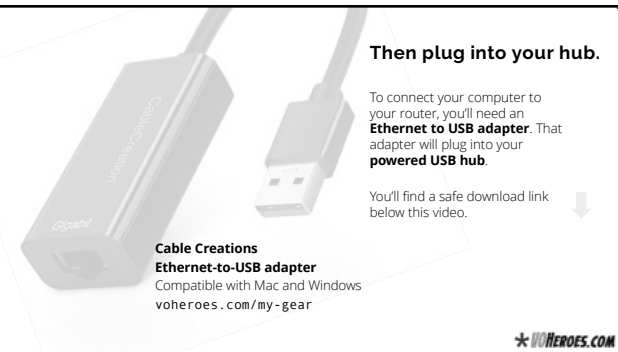
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**Then plug into your hub.**

To connect your computer to your router, you'll need an **Ethernet to USB adapter**. That adapter will plug into your **powered USB hub**.

You'll find a safe download link below this video.

**Cable Creations Ethernet-to-USB adapter**  
Compatible with Mac and Windows  
[voheroes.com/my-gear](http://voheroes.com/my-gear)



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**[VIDEO]**

**How to Connect Your Computer to the Internet via Ethernet Instead of Wi-Fi**

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## External Hard Drives

Two separate uses for the same devices

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### #1: used for storage of data...

Most computers come with smallish **internal** drives. Use those to **run your apps only**.

Then, **write** and **store** your data on portable **external** hard drives.

You'll find a safe purchase link below this video.

Western Digital  
**My Passport external hard drive**  
4 terabytes (4 TB)  
[voheroes.com/my-gear](http://voheroes.com/my-gear)

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### ...also used for backup of data/apps

**Backing up your data is essential.**

There are two types of VO artists in the world: those that have cried over lost data...

...and those who are destined to someday cry over lost data.

**You'll need more than one.**

Western Digital  
**My Passport external hard drive**  
5 terabyte (5 TB)  
[voheroes.com/my-gear](http://voheroes.com/my-gear)

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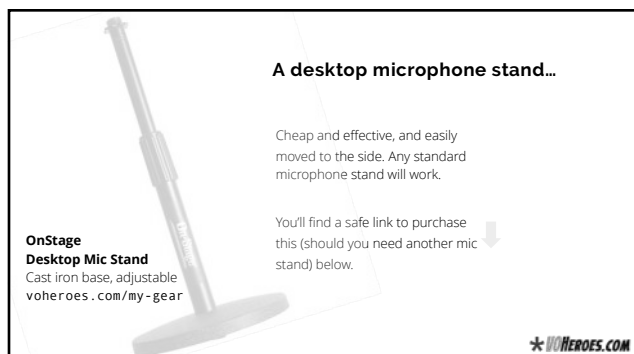
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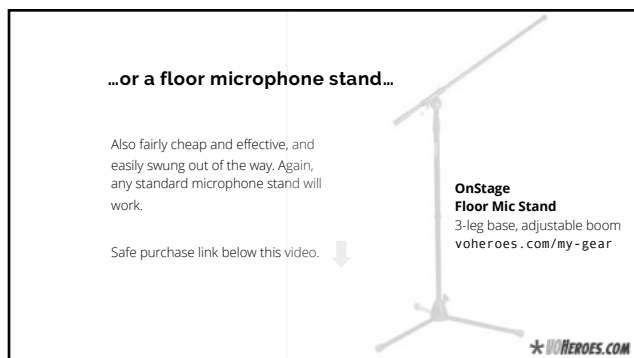
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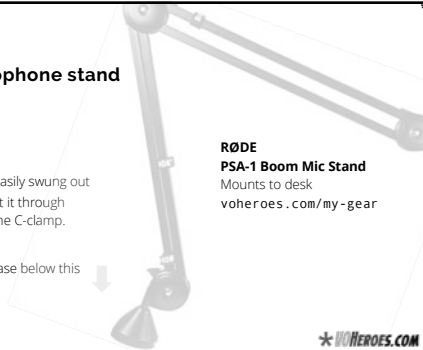
**...or a boom microphone stand**

Just like radio stations do it.

More expensive, and also easily swung out of the way. It's better to bolt it through your desktop than to use the C-clamp.

There's a safe link to purchase below this video.

**RØDE**  
**PSA-1 Boom Mic Stand**  
Mounts to desk  
[voheroes.com/my-gear](http://voheroes.com/my-gear)



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**Studio Microphone**

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**Microphone**

Yes, it's a USB mic. But a bit of a unicorn – not one of *those* USB mics. It's what I use every day...

Replaces a studio mic/interface combo. The **interface** is in the **bottom of the mic**. It's that simple.

You'll find a safe purchase link below (if you need another mic).

**AudioTechnica**  
**AT-2020 USB Plus**  
Includes USB cable  
[voheroes.com/my-gear](http://voheroes.com/my-gear)



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**Stopping the popping.**


No need for a foam ball or a nylon ring.

Our **Mike Sock** stops pops, lessens sibilance and will let you get closer to your mic for intimate luxury reads.

Safe purchase link below (should you need another).



**VOHeroes**  
**The Mike Sock**  
100% cashmere/wool blend  
[voheroes.com/my-gear](https://voheroes.com/my-gear)

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**We'll dive deeper in another course.**

We have a whole course in the VOHeroes curriculum coming up, dedicated to becoming expert at setting up and using your microphone.

It's called **Mastering Microphone Technique**.



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**Monitoring your sound**

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**Earbuds...**

Inexpensive, high quality, very lightweight and soft rubber tips that fit comfortably in your ears.

What I prefer to use.

Safe link for purchasing (if you need another pair) below



**Panasonic RP-HJE120 Earbuds**  
1/8" miniplug, fits AT-2020  
[voheroes.com/my-gear](http://voheroes.com/my-gear)

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**...or headphones**

Expensive compared to earbuds, high quality, somewhat heavy on your head and for long form work can be uncomfortable.

What I used to use.

Safe link to purchase below.



**Sony MDR-7506 Headphones**  
1/8" miniplug, fits AT-2020  
[voheroes.com/my-gear](http://voheroes.com/my-gear)

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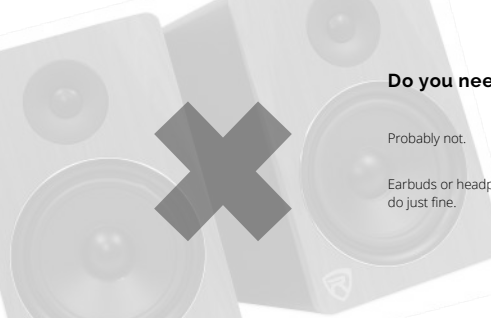
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**Do you need speakers?**

Probably not.

Earbuds or headphones will do just fine.



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## How everything is connected

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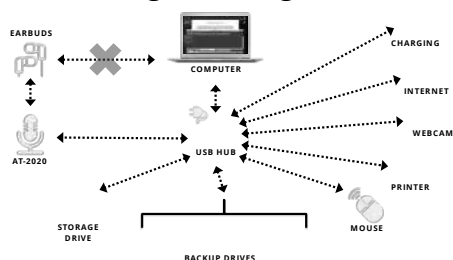
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## Putting it all together



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## Your Recommended Software

Recording, editing, mastering and more

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## Recording/Editing Software



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## Audacity

**MacOS/Windows**  
Compatible with all  
current MacOS and  
Windows versions

**Perfect for VO recording**  
Lightweight, small  
footprint, records dry  
mono voice tracks  
very efficiently



**For the Stairstep Method**  
Audacity's recording quality  
and ease of use inspired  
the Stairstep Method

**Absolutely free**  
Open source software,  
large support team and  
free for all users



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**In the next lessons, we'll set up Audacity:**

- 01 Download/install Audacity
- 02 Streamline Audacity's interface
- 03 Set Audacity's preferences
- 04 Set Audacity's menus



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**[VIDEO]**  
**10: Downloading and Installing  
Audacity**

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**[VIDEO]**  
**11: Streamlining Audacity's Interface**

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**[VIDEO]**  
**12: Set Audacity's Preferences**

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**[VIDEO]**  
**13: Set Audacity's Menus**

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**Mastering Software**

For audiobooks and podcasts only

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**AudioCupcake**

**MacOS (only)**

Compatible with all  
current MacOS  
versions

**Drag and Drop**

Drag your edited WAV  
file onto the app and  
let it do its magic



**Beautiful mastering**

RMS set to -21 db,  
peak to -3.0 dB

**Outputs a final MP3**

192k mono, ready to  
upload to ACX

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**Using AudioCupcake speeds up your process**

**Drag and drop your raw WAV**  
You can drag more than one file

**Upload the finished MP3**  
Ready for ACX or your podcast platform



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**Alternative: The Levelator**

Free, versions for MacOS or Windows. Compatible with both 32-bit and 64-bit OSes.

Requires additional steps using Audacity to create final MP3 file for audiobooks and podcasts.



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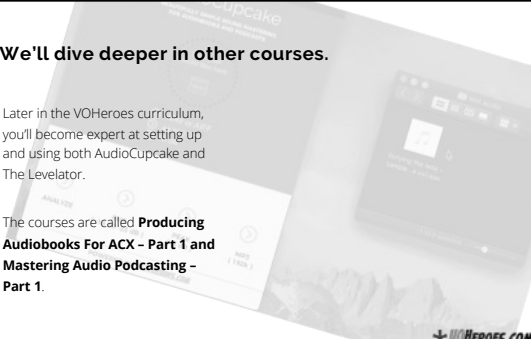
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**We'll dive deeper in other courses.**

Later in the VOHeroes curriculum, you'll become expert at setting up and using both AudioCupcake and The Levelator.

The courses are called **Producing Audiobooks For ACX - Part 1** and **Mastering Audio Podcasting - Part 1**.



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## Provisioning Your Home Studio

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## Quieting your noise floor

You must be able to achieve -60 dB.

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### Understand the difference between:

...**sound proofing** and

**sound dampening.**

Foam doesn't work as a sound proofing material. Gluing it to walls won't stop traffic noise from coming in. Or sirens. Or leaf blowers.

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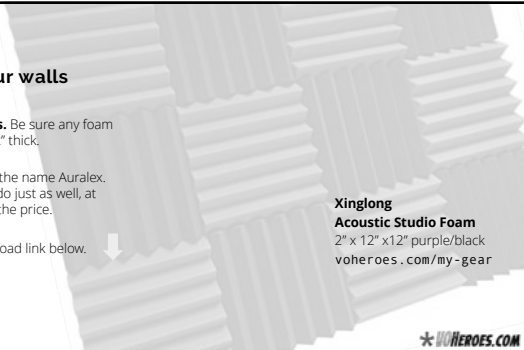
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**For your walls**

**Foam tiles.** Be sure any foam is at least 2" thick.

You'll hear the name Auralex. These will do just as well, at one-tenth the price.

Safe download link below. ↓

**Xinglong Acoustic Studio Foam**  
2" x 12" x 12" purple/black  
[voheroes.com/my-gear](http://voheroes.com/my-gear)

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**Also for your walls**

You can also use **moving blankets**.

The thicker the better.

Safe download link below. ↓

**Nova Heavy-Duty Moving Blankets**  
Polyester over cotton batting  
[voheroes.com/my-gear](http://voheroes.com/my-gear)

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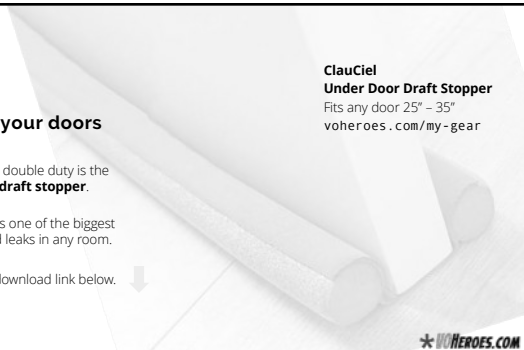
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**For your doors**

Doing double duty is the **door draft stopper**.

It seals one of the biggest sound leaks in any room.

Safe download link below. ↓

**ClauCiel Under Door Draft Stopper**  
Fits any door 25" - 35"  
[voheroes.com/my-gear](http://voheroes.com/my-gear)

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**voheroes.com/caroline**

One of your fellow VOHeroes Pros, and a virtuoso with moving blankets and cup hooks.

She built a recording space in the middle of a guest room.

She says, *"If I can build a DIY home studio, so can you."*

Clickable link to her article below.



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**Where to record in your home**

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**Which room is best for your in-home studio?**

		
<b>Meh</b>	<b>Usable</b>	<b>Better</b>
Any room you think is relatively quiet at least some of the time.	A bedroom, den or library – any room with irregular surfaces.	A walk-in closet. Don't remove the clothes.

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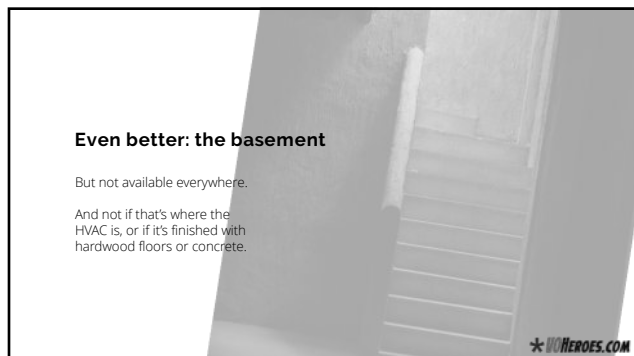
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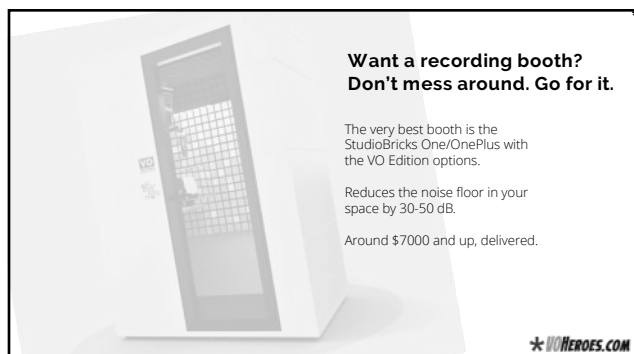
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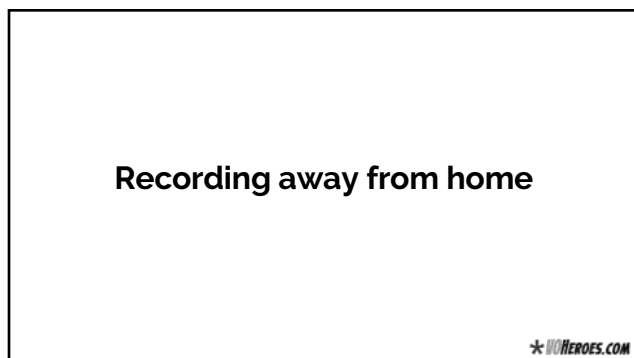
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**When you need to audition on the road**



**In your car**  
In parking areas, garages, lots and carports, away from traffic.



**In your hotel room**  
Grab a bedspread and throw it over you and your equipment.

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**On the road, for auditions in a pinch: Rehearsal® Pro**

**For your entire practice**  
Rehearsal is used for on-camera as well as VO acting.

**Records MP3 files**  
Rehearsal® Pro is the only app available that exports recordings as MP3s, not M4As.



**Email from the app**  
Once you record your audition, you can email it right to the requester from Rehearsal® Pro itself.

**\$20. Cheap.**  
Of course, it's yours for free if you're a VOHeroes Pro.

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## Accessories that make things easier

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### Wireless keyboard

It comes to life (lights up) when you hover your fingers over it, and features USB charging (yay! no batteries).

Perfect for laptops on a stand.  
Can serve up to 3 devices at once.

Safe link for purchasing below. ↓



**Logitech  
K811 Wireless Keyboard**  
Pairs via bluetooth  
[voheroes.com/my-gear](http://voheroes.com/my-gear)

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### Wireless mouse

Quiet, precise, light, long battery life, programmable buttons and adjustable scrolling speed.

Vastly reduces wrist and hand pain.

Safe link for purchasing below. ↓

**Logitech  
M570 Trackball**  
Connects via USB receiver  
[voheroes.com/my-gear](http://voheroes.com/my-gear)



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**Personal air conditioning**

It cools down a room the size of a booth by 20 degrees in 30 seconds. Use it when not narrating.

It uses evaporative cooling, so no ductwork is needed.

Safe link for purchasing below. ↓



**Evapolar  
EvaSMART EV 3000**  
Fills with tap water  
[voheroes.com/my-gear](http://voheroes.com/my-gear)

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**The problem with sexy office chairs: noise**



**Looks awesome.**  
Not so good, and really expensive.



**Looks uncomfortable.**  
Add a cushion, and it's perfect.

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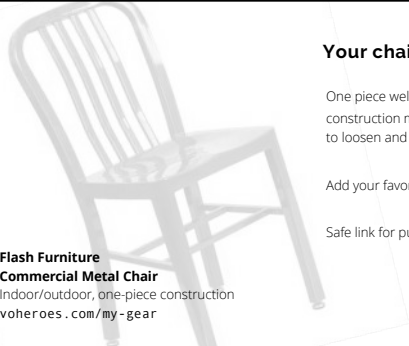
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**Your chair**

One piece welded steel construction means no joints to loosen and squeak.

Add your favorite cushion.

Safe link for purchasing below. ↓

**Flash Furniture  
Commercial Metal Chair**  
Indoor/outdoor, one-piece construction  
[voheroes.com/my-gear](http://voheroes.com/my-gear)

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**Your cup holder (no kidding)**

Spring loaded clip slides onto your desk surface.

All it takes is one spilled sugary or creamy drink to understand why this is so valuable.

Safe link for purchasing below. ↓

**HISTORY**  
**Drinking Cup Holder Clip**  
Has slot for cup handle  
[voheroes.com/my-gear](http://voheroes.com/my-gear)



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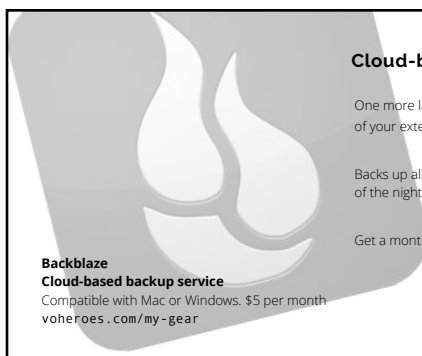
**Cloud-based backup**

One more layer of protection on top of your external backup hard drives.

Backs up all your data in the middle of the night, over the Internet.

Get a month free with the link below. ↓

**Backblaze**  
**Cloud-based backup service**  
Compatible with Mac or Windows. \$5 per month  
[voheroes.com/my-gear](http://voheroes.com/my-gear)



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**What's not really necessary**

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**ProTools is not necessary. Really.**



- ✗ It's cumbersome.
- ✗ It's got a huge learning curve.
- ✗ It's expensive.
- ✗ It's overkill.
- ✗ And it slows you down.

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**SourceConnect is not necessary. Really.**

A lot has been made about studio to studio connectivity.

Source Connect is the replacement for ISDN, and is the industry standard

You'll know when it's time. No need for it before then.

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**A ridiculously expensive mic is not necessary. Really.**



**The Neumann U87**

Likely way too sensitive for the space you're recording in. Unless you have a StudioBricks or equivalent.

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### 3 Or More Things To Explore

Your homework and other actionable items.

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#### Create a studio to record in that you can rely on

- ⊕ Assemble your gear and make sure it all works correctly
- ⊕ Choose the best area in your home to place your studio
- ⊕ Do everything you can to quiet your noise floor to below -60 dB
- ⊕ Don't waste money on things you don't need

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### Questions?

Post in the ProConnect discussion group

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**Not a VOHeroes Pro yet?**

<https://voheroes.com/pro>



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**Grab some coffee and take the quiz.**



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