

Week four activities:

A. Expanding Lighting options: SPECIAL LIGHTING CIRCUMSTANCES

Flash (strobe) lighting has been amongst the most popular lighting sources in studio photography for many decades. As mentioned previously Flash/Strobe lighting has several distinct advantages over continuous sources.

pros and cons of continuous light sources:

pro: **Simple to use – can see your light**
Lower cost (not so much with LED heads)
Can visualize coverage and character of light
Some lamps more readily available
Can use built-in light meter
Et al

cons: **Lower overall intensity**
excessive heat (except with LED)
exposure limitations with lower intensity
lamps may shift color with age
et al

pros and cons of flash/strobe light sources:

pro: **Intense source of light**
Stay cool – few heat problems
A bit more compact than continuous sources
Can be used with many lighting accessories (umbrellas, softboxes)
Uses lesser amounts of power
Freezes motion of subjects for sharp images
Et al

cons: **Higher cost**
More complex to use/needs a triggering system
Lighting setups more time consuming
More complex control of color balance?
Requires a flash meter
et al

For more information on the benefits of flash and continuous lighting check out:

<https://www.adorama.com/alc/0013626/article/Constant-Light-Versus-Flash-Light-Adorama-TV>

B. LIGHTING TERMS: Week FOUR

FLASH/STROBE LIGHT SOURCES
REFLECTORS
BARNDOOR
DIFFUSOR
RADIO REMOTE VS INFRARED REMOTE
RED EYE

C. Assignment Imaging sessions:

Begin work on Part A and Part B. of Assignment 3. Please take notes during demos. Discussion and demo will focus around set-up and use of flash/strobe light sources. There will be some discussion of flash metering.

Your images for this assignment must employ flash/strobe lighting

Show FAB TO BE PHOTOGRAPHED PPT

For more information on **flash/strobe lighting** consider these video links:

<https://www.adorama.com/alc/0012635/article/Basic-3-Light-Setup-AdoramaTV>

<https://www.adorama.com/alc/episode/studio-lighting-deconstructed>

D. Non-imaging assignment elements

Complete **Lighting Tutorial 1** in Lighting Journal

Please see the instructions that accompany your Lighting Journal for completing this portion of your course work.